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Jan./Feb. '97

Lauren Bacall: "My Best Year Yet"

F. Scott Fitzgerald Fiction

Best New Year's Eve Covers

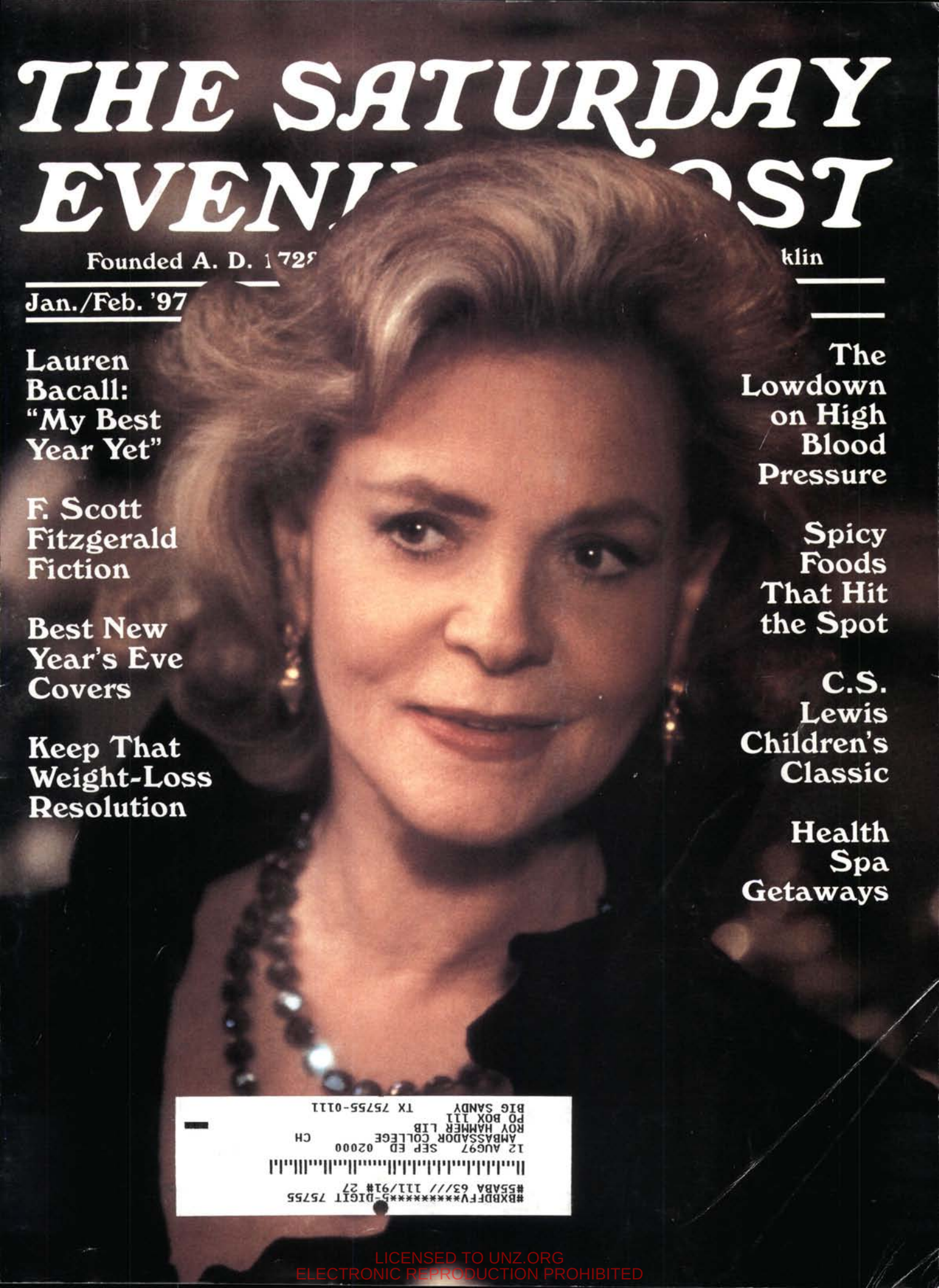
Keep That Weight-Loss Resolution

The Lowdown on High Blood Pressure

Spicy Foods That Hit the Spot

C.S. Lewis Children's Classic

Health Spa Getaways



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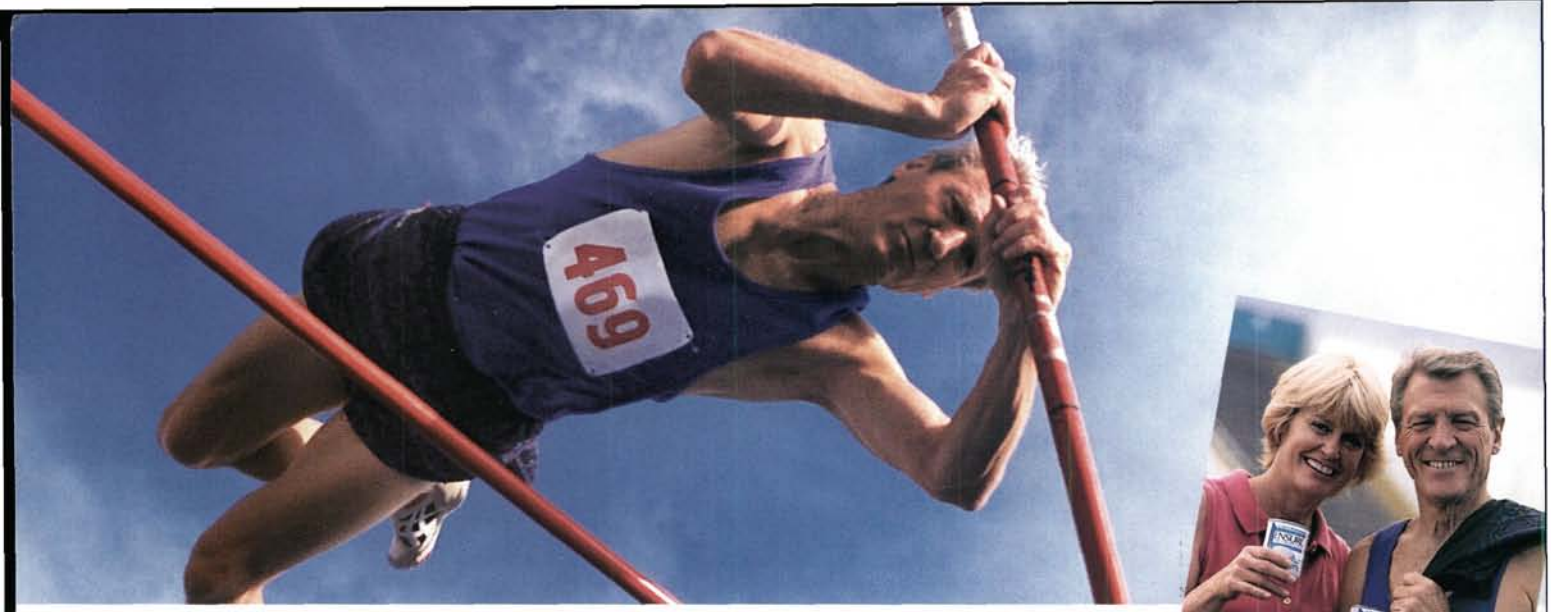

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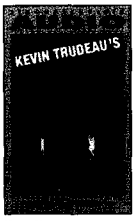
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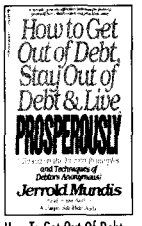
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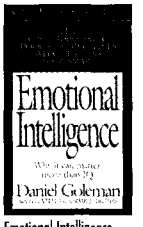
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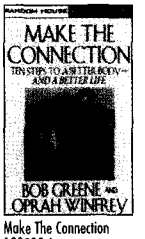
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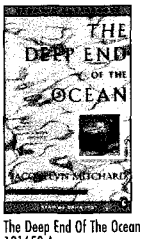
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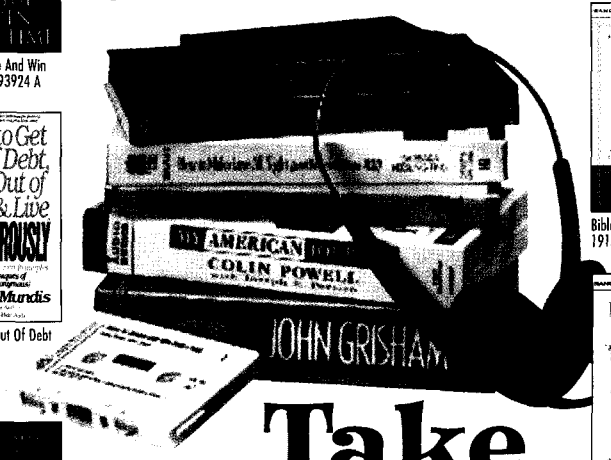

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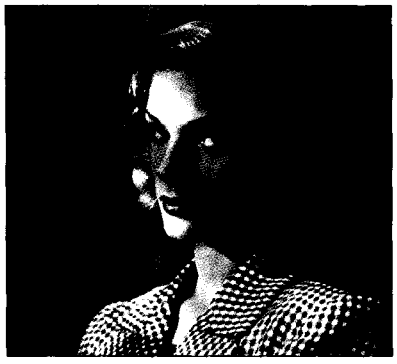
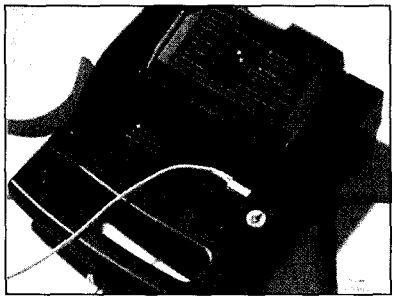


Lauren Bacall—turns in an Oscar-caliber performance as Barbra Streisand's mother in a film that proves her bite and beauty are still intact. 40



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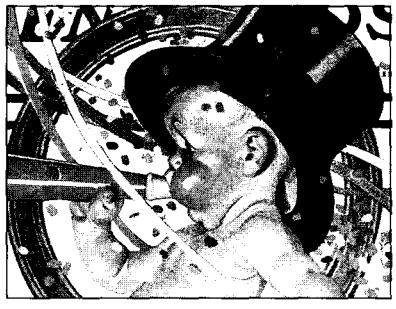
Hypertension Is On The Rise—threatening the lives of millions of Americans, but two leading experts reveal critical information on diet, exercise, and treatment to help curb this epidemic. **48**



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F. Scott Fitzgerald—like no other writer of his generation captured the idealized and romantic high-society world of the '20s. **62**

Letters

Surviving an "Unpopular" Cancer

I was fascinated to come across your article, "Safe Under The Sun," in the Sept./Oct. '96 issue of *The Saturday Evening Post*. Last year, as a writer and a ten-year malignant melanoma survivor, I attempted to sell my memoir, *Laughing Through The Tears, My Memory of Malignant Melanoma*. The response by agents and publishers was that there wasn't a large enough "market" for the book or for that type of cancer. Also, I wasn't famous. There has to be some irony in living in a time of "cancer as market share." It seems I had survived an "unpopular" cancer.

Since then I've often wondered what famous individual will have to die from malignant melanoma or (after reading your article) who the American Mark Marcelis will be before the publishing world wakes up to this frightening epidemic.

I was lucky. I survived. As Mark's tragic story tells us, many do not.

Janice Fouks Blum
Martha's Vineyard, Massachusetts

Appreciation for a Job Well Done

I was particularly taken with the article on Clergy Appreciation Day in the Sept./Oct. '96 issue of *The Saturday Evening Post*. I mailed copies to several churches in our area, then wrote to our governor, Tommy Thompson.

He not only made October 13th the Official Day, but graciously sent me a Proclamation, signed and officially sealed. I'm 87, have worked with clergy most of my adult life, but this personal acknowledgment was the nicest surprise I've ever received, with the exception of a letter from Pope Paul II last year.

Marian Kimpel
Waukesha, Wisconsin

High Time, Indeed

As one of your most faithful readers over a period of many years, it has just occurred to me that it is high time I wrote you to say how much I like your magazine. My firstborn son was a fan of *The Saturday Evening Post* before he was a year old. I can't say that he read it then, but as long as he had someone's lap to sit on, he'd faithfully turn the pages of the *Post*—and carefully, too! He is now 68. When I first read the *Post*, most

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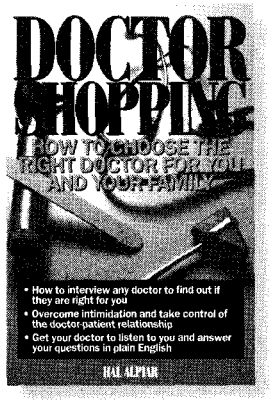
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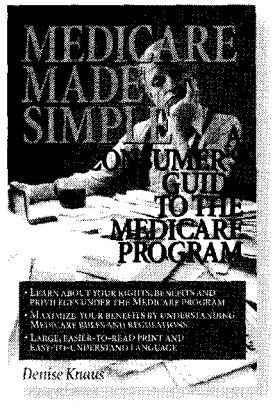

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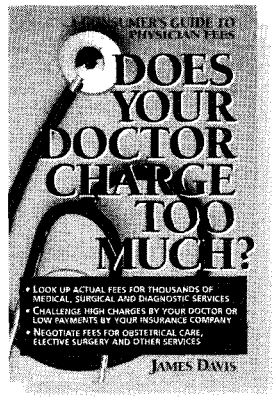
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The present-day *Post* pleases me just as much as the ones I first read all those years ago. It's very refreshing to read a magazine that still holds up the standards that once were so widespread and generally appreciated. I could list the things you've written about in your recent issues that pleased me in particular, but you know them already, and I'll just say I appreciate the stand you're taking for Christianity, morality, and decency, and you do it so well, too. All this and interesting articles about medical advances and letters from people about medical problems and information given them.

God bless you, and keep up the good work.

Myrtis G. Hagee
Hiwasse, Arkansas

Sweet Relief

Will you please tell me where I can order some Colo-Fresh for bad breath? I checked back in my old *Saturday Evening Post*s, but was unable to find this information.

I would like you to know that the article on ulcers by Dr. Barry Marshall was like a miracle—I took the treatment, and it healed the ulcers I have had for years.

Thank you for all your good work. I look forward to each issue of *The Saturday Evening Post.*

Anne L. Lombardo
Burien, Washington

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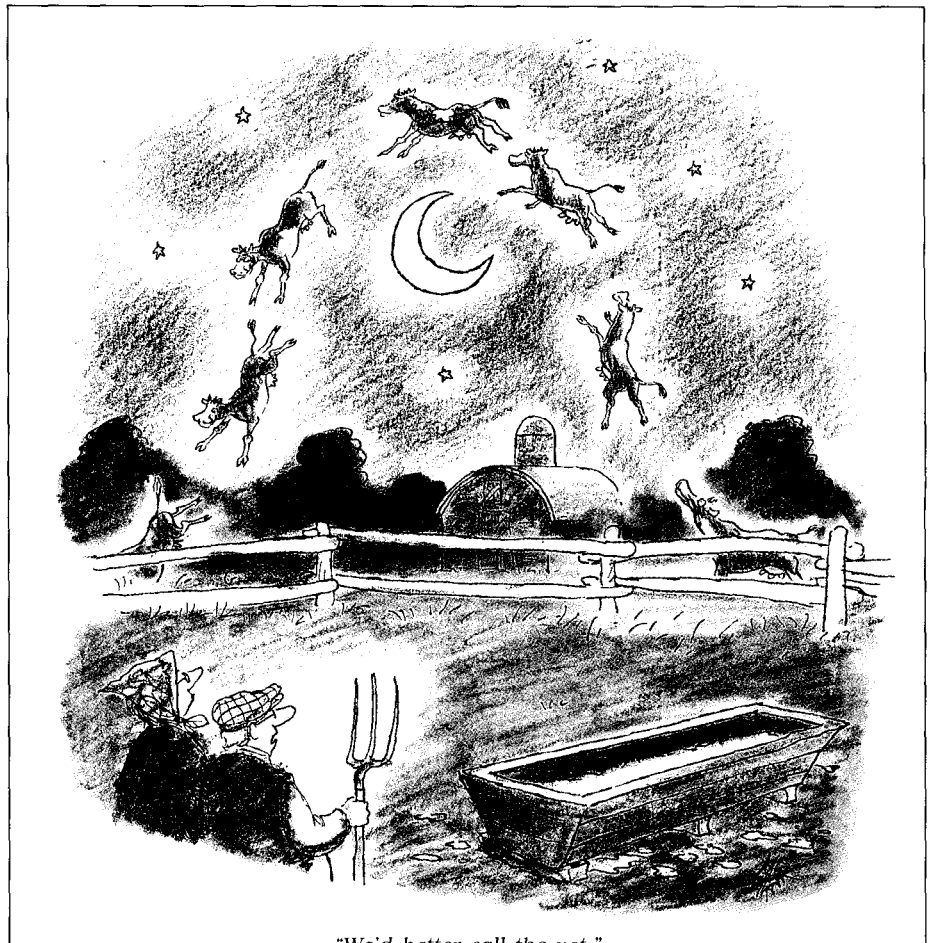
Here's a Hot Item

In the article "Wouldn't This Frost Ya!" (Nov./Dec. '96) Maynard Good Stoddard mentioned problems with the thermostat. That reminded me of an item from years ago:

The furnace service man asked to be shown the thermostat. The owner opened a closet door and pointed it out.

The service man asked, "What



"We'd better call the vet."

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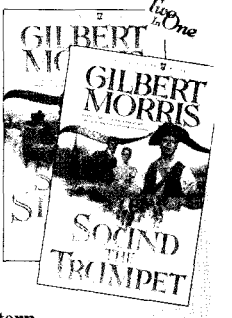

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The Pattern, The Pledge, The Promise
Jane Peart's newest trilogy tracing three generations of women, and the traditional family quilts they created. Starting with Johanna Shelby who follows a young doctor to the wilds of Appalachia, to her daughter, Jobeth who experiences the saga of the Civil War. Finally, granddaughter Jana Rutherford must choose between love and society.

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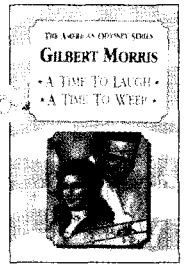

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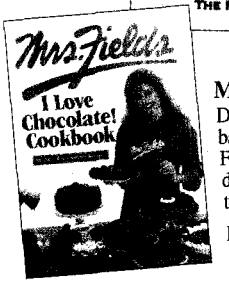

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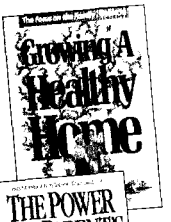

Growing A Healthy Home
This home encyclopedia addresses the issues every family faces: marriage, education, sibling rivalry and other family problems.

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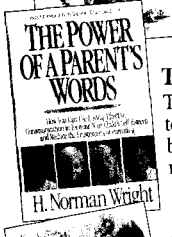

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Thirteen encouraging chapters to help you understand your children better and appreciate them more. A major breakthrough in parenting skills.

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The Crippled Lamb
In this beautifully, illustrated book, the daughters of renowned author, Max Lucado join him in telling the heart-warming story of Joshua, the crippled lamb. Joshua learns that God has a very special plan for him and a special place in his heart for those who are different.

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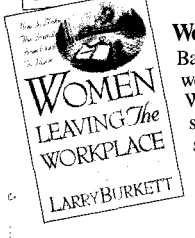

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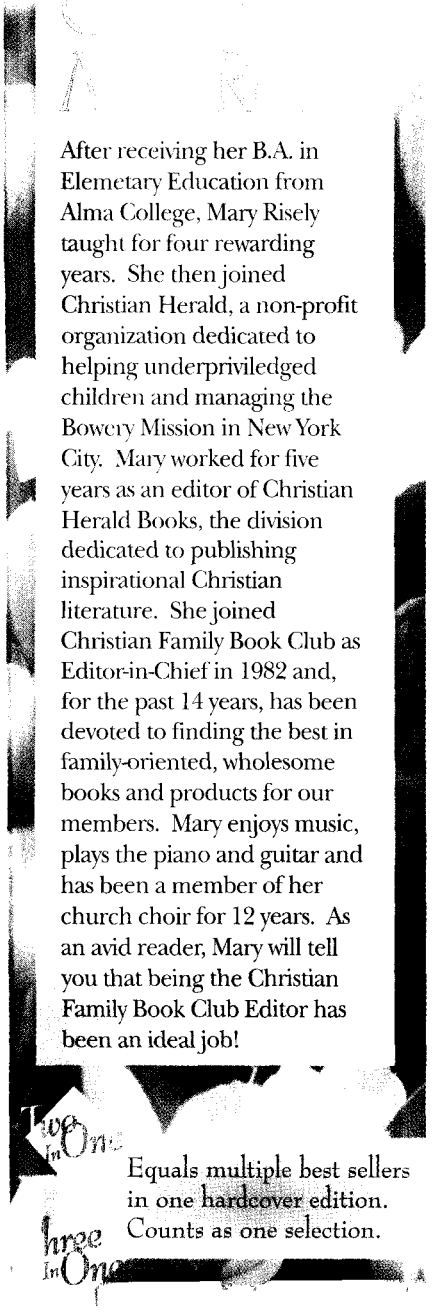

After receiving her B.A. in Elemetary Education from Alma College, Mary Risely taught for four rewarding years. She then joined Christian Herald, a non-profit organization dedicated to helping underpriviledged children and managing the Bowery Mission in New York City. Mary worked for five years as an editor of Christian Herald Books, the division dedicated to publishing inspirational Christian literature. She joined Christian Family Book Club as Editor-in-Chief in 1982 and, for the past 14 years, has been devoted to finding the best in family-oriented, wholesome books and products for our members. Mary enjoys music, plays the piano and guitar and has been a member of her church choir for 12 years. As an avid reader, Mary will tell you that being the Christian Family Book Club Editor has been an ideal job!

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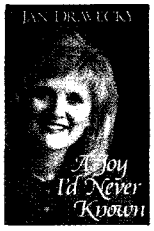

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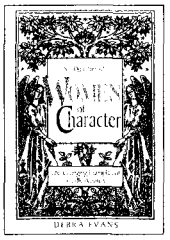

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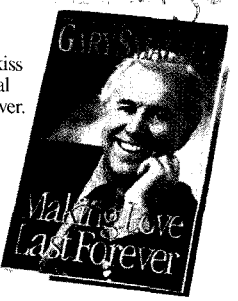

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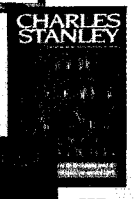

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Dr. Stanley helps us deal with loneliness, insecurity, restlessness, and rejection as well as abuse and persecution. Truly an invaluable guide! Good gift idea, too!
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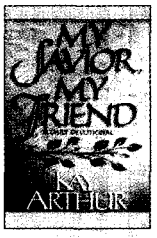

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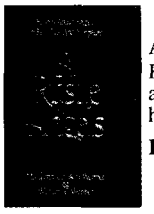

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about the one on the wall in the living room?"

The owner said, "That's the one for my wife to play with. The real one is this one in the closet."

Melvin Holt
Bloomington, Illinois

Grown-Up Fantasy Wanted

I miss Tugboat Annie, the Earthworm Tractor Company, the submarine stories, etc. Couldn't you reprint a couple of these great stories in each issue? I am sure I am not alone in missing them.

P.S.: Perhaps they could be issued in book form.

Harper Sibley, Jr.
Miami, Florida

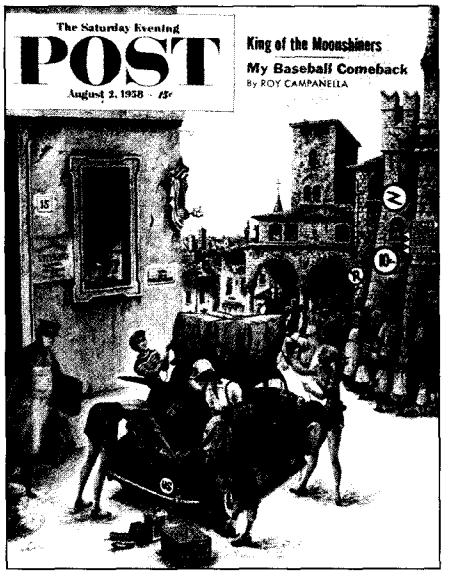
Editor's note: For a list of Post *issues containing Botts or Annie articles published since 1971, send a stamped, self-addressed envelope to* Post *Archives, Box 567, Indianapolis, IN 46206.*

Are They Model Citizens?

My wife's girlfriend claims they and their two friends were the subject of the cover of the August 2, 1958, *Saturday Evening Post*. The four of them were traveling in Europe about that time, and one recently told me they were the subjects.

Please let me know if the artist Alajàlov is still around and/or you have any knowledge of how he came up with the idea. Was it from a photo or from freehand?

It was a cute cover, and I would love to know if they really inspired



the artist. They stated the car was red and white and one of the girls was a redhead. Would it be possible to get a color copy of the cover?

William L. Speight
East Longmeadow, Massachusetts

Editor's note: Unfortunately, Constantin Alajàlov has died and we can only guess that he was prompted to paint our cover when he came upon your friend in Europe.

Saying "No!" to Presumed Consent

Thank you for the story "We Have a Kidney for You" by Dale W. Hagen in the May/June '95 issue, which I found in "recycle baskets" at my library.

Mr. Hagen actually brings up the financial aspects of organ transplantation. Unusual.

I had the "donor designation" removed from my driver license, and I've told my relatives not to donate my organs. I don't have the resources to receive organs, if I needed any. I refuse to participate in this unjust system.

No! to that sneaky program of "presumed consent." At least until after we have a just, fair, accessible transplant program that seriously offers care to nonaffluent, nonmainstream people, too.

I took the donor designation off my license because I could not think why I should help people who have more than I have to live longer. That's too much of a one-way street.

I wrote the organ organization about this in the past, but they didn't bother to answer. They can't be bothered by injustice, I guess.

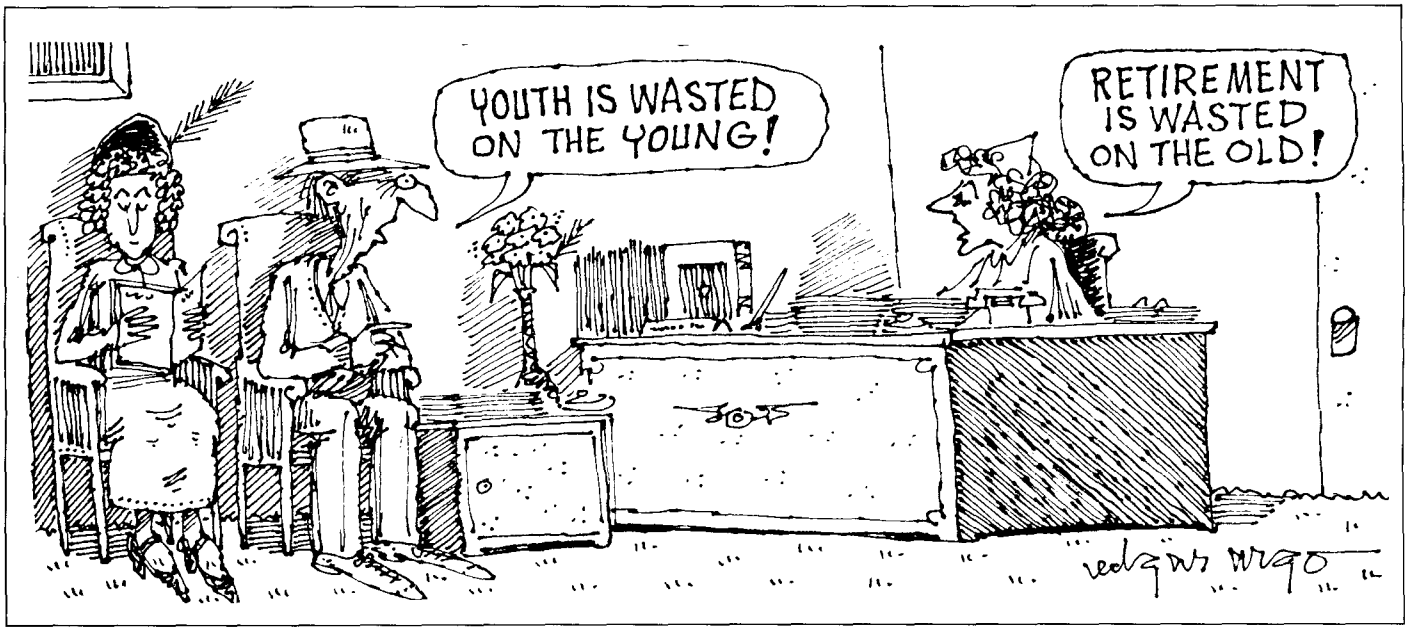
Kathy Kea
Mankato, Minnesota

Editor's note: Perhaps your letter did help. New guidelines will give organs to those most likely to survive longer. Had this new policy been in effect, Mickey Mantle would not have been eligible to receive his transplanted organ. If more organs were donated, the cost of transplants would come down.

Vote of Confidence

Your Nov./Dec. '96 issue is the most interesting and informative single issue of any magazine I've encountered, so I'm enclosing three gift subscription orders. Thanks from a happy nonagenarian.

R. L. Newman
Coronado, California



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When It Comes To Magnesium, A Good Diet Can Be Bad News.

Magnesium (Mg) is an essential mineral for the overall health of your heart, muscles, and nervous system. But, unlike calcium, Mg is not found in a few easy-to-target food groups. And some things that do contain a significant amount of Mg are high in sugar or fat (things like nuts and chocolate, which most folks trying to observe a healthier diet avoid like the plague).

A 1994 Gallup survey revealed that about 72% of Americans report an inadequate intake of this vital mineral. And that's not good, for Mg deficiency has been found in patients with hypertension, diabetes, migraine headaches, irregular heartbeat, and osteoporosis and in some asthma patients. So, many doctors recommend an oral Mg supplement for their patients when it seems advisable.

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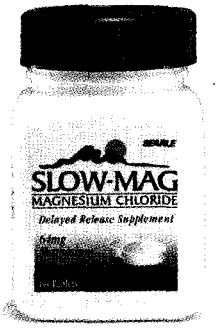

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Post People

Through her best-selling books of personal anecdotes, poems, jokes, and letters from people who have kept a sense of humor while parenting an ill or wayward child, ***Barbara Johnson*** helps others find joy in the wake of tragedy. It's a subject she knows only too well after the tragic loss of two of her own sons.

The latest of her books on "lessons in life" is entitled *I'm So Glad You Told Me What I Didn't Wanna Hear* (Word Publishing). Earlier titles that belie the seriousness of her message include *Stick a Geranium in Your Hat and be Happy*, from which she acquired the sobriquet of Geranium Lady.

Not content with the typewriter alone, Barbara travels the country with her husband, Bill, to speak to 120 audiences a year, including the current Joyful Journey tour. She continues to lead a support group for hurting families at the Crystal Cathedral. She is founder of an organization supporting parents who have lost children through death or estrangement.

If you are a fan of the "Murphy Brown" series, you don't need an introduction to ***Faith Ford***, who plays Corky Sherwood on this long-running CBS Monday night attraction. But did you know that she came from Pineville, Louisiana? That by age 17 she was doing commercials? That her early work includes "One Life To Live" and "Another World," not to mention her TV movies?

What you may not know is, she is thinking of opening a restaurant featuring Louisiana cooking. Whether the eatery will feature cheese grits and purple hull peas (Pineville specialties),

she doesn't say. We do know that she has a passion and love for food and entertainment.

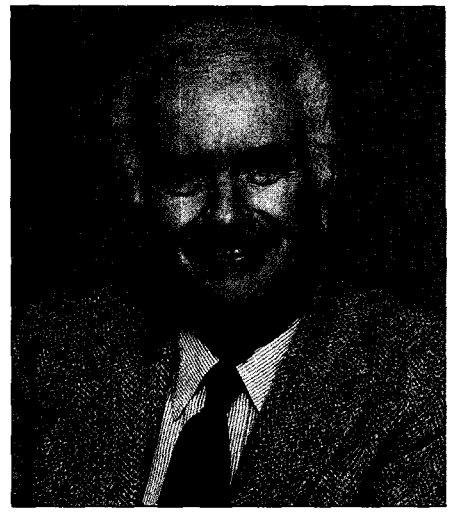
As she recently told celebrity interviewer James Brady: "You don't find in L.A. what you find in New Orleans, where you walk into K-Paul's restaurant and it's a meal for the heart, a meal for the soul. Sure, I want to do it one day. It's the love of my life."

Mary Engelbreit's style is said to be as recognizable as the work of Norman Rockwell: "round-faced, impish kids, benign animals, flowered and checked borders."

Should you be among the secluded who don't recognize her or the style, you may now become acquainted through the pages of the newly published *Mary Engelbreit: The Art and the Artist*. Included in the book are early sketches from Engelbreit's childhood notebooks, rare glimpses of typical pencil sketches that precede each finished work, and scores of her favorite pictures.

"People keep coming up to me," the artist tells us, "and will say, 'I didn't realize you were a real person.' So this book is meant to show that there is a real person, me, behind the greeting cards. And to show I'm a working artist. I know it's ridiculous," she admits, "but I think, 'What do people do if they don't draw?' "

If someone should hop out from behind a bush and yell "***Bob Keeshan***!" after picking up your hat and collecting your scattered wits, you would likely say, "Who?" (Or "whom," if you are one of those.)



But if the one who hopped out had yelled "Captain Kangaroo!" no problem. Not after more than 40 years—actually the morning of October 3, 1955—since the Captain launched what would become the longest-running character in TV history and touch the hearts of an entire nation.

No need trying to condense the story here. Not when you can read of the life and career of this genial man by picking up a book titled *Good Morning, Captain*, written by none other than—are you ready?—Bob Keeshan.

Before he became the Captain, Keeshan was also Clarabell the Clown on "Howdy Doody." He has also hosted the Saturday TV program "CBS Storybreak."

Bob Keeshan, father of three and grandfather of six, has titled his second children's book *Hurry, Murray, Hurry,* aimed at teaching kids the value of slowing down in today's fast-paced world. To which we add: Look who's talking.

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POST BOOKSHELF

UNDERSTANDING MEDICARE WITHOUT THE CONFUSION

A veteran health professional writes a simple-to-understand guide to steer you through the maze of Medicare.

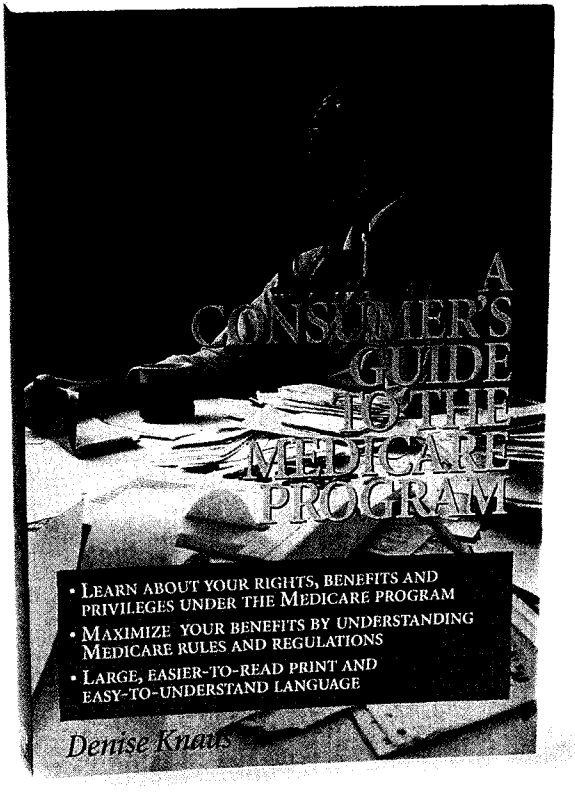
by Jack Gramling

Medicare Made Simple: A Consumer's Guide to the Medicare Program
by Denise Knaus
450 pages, Health Information Press, $14.95

For many people, our nation's healthcare system for persons over 65 is so confusing, so labyrinthine, that even doctors and other caretakers simply can't understand it. This problem is especially true for those whom Medicare is supposed to benefit. Author Denise Knaus, in *Medicare Made Simple: A Consumer's Guide to the Medicare Program,* sets out, as she writes in her foreword, "to create a hands-on, practical, and accurate publication designed for those people who are actually *using* the benefits provided by the Medicare program."

Here you will learn about who is entitled to Medicare benefits and why. For example, did you know that persons of any age with end-stage renal disease or who have collected Social Security or Railroad Retirement disability benefits for 24 months are also eligible for hospital coverage under Medicare? You will also learn the differences between the so-called "Medicare Part A" and "Medicare Part B" services (A is hospital insurance; B concerns services not covered by A) and what is *not* covered under either plan. There are also chapters on payment of Medicare services and the so-called "medigap" policies through private health plans and managed care plans that serve to supplement what Medicare doesn't cover.

Want to know how to appeal a rejected claim so that you're not "stuck" with it? Knaus explains that Part A decisions are reversed or overturned on appeal nearly half of the time, and about two out of three Part B decisions are reversed at the first level of appeal. Also included is information about the differences between Medicare fraud and abuse, what to do if you suspect a problem, and how to use Medicare as a secondary payer if you're over 65 and still employed.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• MAXIMIZE YOUR BENEFITS BY UNDERSTANDING MEDICARE RULES AND REGULATIONS
• LARGE, EASIER-TO-READ PRINT AND EASY-TO-UNDERSTAND LANGUAGE
Denise Knaus

Finally, there's a 20-page glossary of unfamiliar terms, as well as lists of peer review organizations by state, Part B carriers, covered durable medical equipment items, state insurance departments, and agencies on aging. And if there's anything you think you've missed, there's even an alphabetical index that lists all subjects.

A healthcare professional for more than a decade, Knaus previously wrote five books and numerous articles on Medicare. The author does not, however, make derogatory comments or "take a stand" regarding the practices of the system. Instead, you will find straightforward writing (in large type, no less) broken down into nine chapters and four appendices that accomplish exactly what the author intended.

"I deal with doctors all the time who don't understand how the Medicare system works," writes Knaus, "so it was logical to me that if doctors, who are highly educated, were having problems, the people who were supposed to benefit were even more mystified. Older people don't always have the strength to pursue solutions to their problems. They just give up. And sometimes there are caretaker situations involved, and even if the caretakers have more energy, they don't always have the time.

"I wanted to create a reference guide for Medicare users that simplifies the process for them. Something they could go to when they don't understand the medical jargon, or if they've been refused coverage on a claim and they don't know why."

Read *Medicare Made Simple* by Denise Knaus and see if you don't agree that she has done so. ★

Medicare Made Simple *is available at most bookstores and also can be ordered by calling 1-800-MED-SHOP.*

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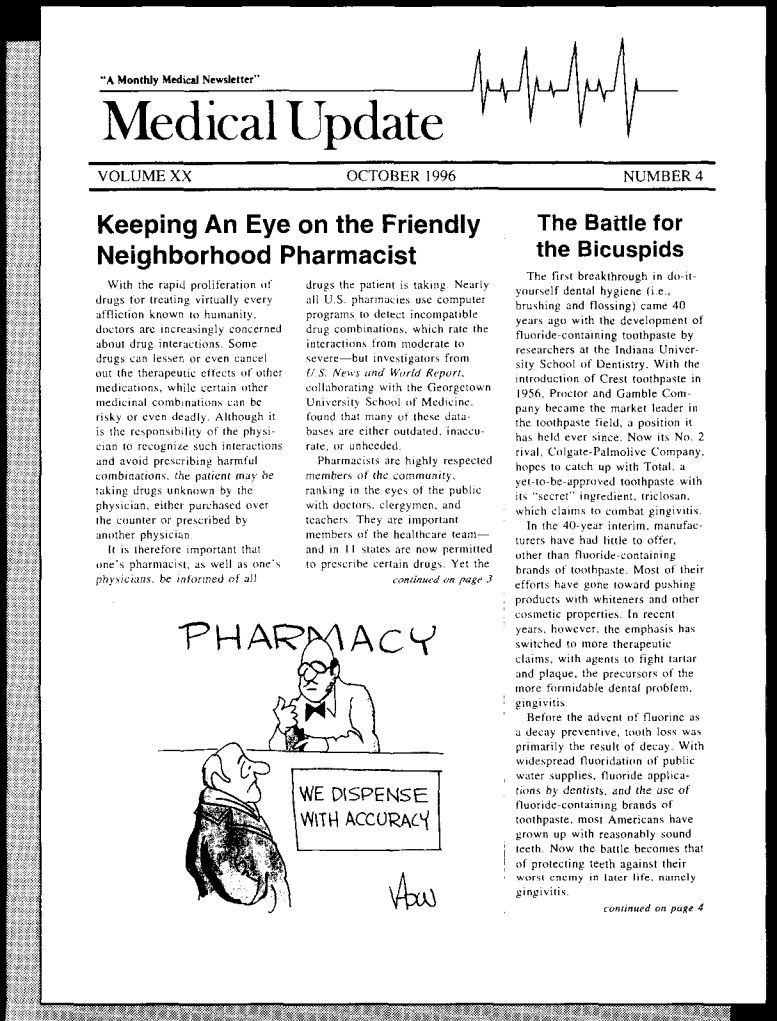

"A Monthly Medical Newsletter"

Medical Update

VOLUME XX | OCTOBER 1996 | NUMBER 4

Keeping An Eye on the Friendly Neighborhood Pharmacist

With the rapid proliferation of drugs for treating virtually every affliction known to humanity, doctors are increasingly concerned about drug interactions. Some drugs can lessen or even cancel out the therapeutic effects of other medications, while certain other medicinal combinations can be risky or even deadly. Although it is the responsibility of the physician to recognize such interactions and avoid prescribing harmful combinations, the patient may be taking drugs unknown by the physician, either purchased over the counter or prescribed by another physician.

It is therefore important that one's pharmacist, as well as one's physicians, be informed of all drugs the patient is taking. Nearly all U.S. pharmacies use computer programs to detect incompatible drug combinations, which rate the interactions from moderate to severe—but investigators from *U.S. News and World Report*, collaborating with the Georgetown University School of Medicine, found that many of these databases are either outdated, inaccurate, or unheeded.

Pharmacists are highly respected members of the community, ranking in the eyes of the public with doctors, clergymen, and teachers. They are important members of the healthcare team—and in 11 states are now permitted to prescribe certain drugs. Yet the

continued on page 3

The Battle for the Bicuspids

The first breakthrough in do-it-yourself dental hygiene (i.e., brushing and flossing) came 40 years ago with the development of fluoride-containing toothpaste by researchers at the Indiana University School of Dentistry. With the introduction of Crest toothpaste in 1956, Proctor and Gamble Company became the market leader in the toothpaste field, a position it has held ever since. Now its No. 2 rival, Colgate-Palmolive Company, hopes to catch up with Total, a yet-to-be-approved toothpaste with its "secret" ingredient, triclosan, which claims to combat gingivitis.

In the 40-year interim, manufacturers have had little to offer, other than fluoride-containing brands of toothpaste. Most of their efforts have gone toward pushing products with whiteners and other cosmetic properties. In recent years, however, the emphasis has switched to more therapeutic claims, with agents to fight tartar and plaque, the precursors of the more formidable dental problem, gingivitis.

Before the advent of fluorine as a decay preventive, tooth loss was primarily the result of decay. With widespread fluoridation of public water supplies, fluoride applications by dentists, and the use of fluoride-containing brands of toothpaste, most Americans have grown up with reasonably sound teeth. Now the battle becomes that of protecting teeth against their worst enemy in later life, namely gingivitis.

continued on page 4

Plain & Simple

In an age where developments of the medical world blur past even the most concerned person, *Medical Update* puts it all into sharp focus.

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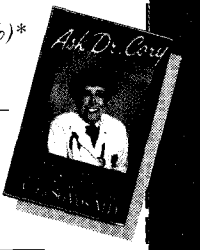

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MAKE YOUR RESOLUTION A REVOLUTION

You can take steps to make that exercise pledge a promise you can keep.

by Carol Krucoff

Illustrated by Don Trawin

Sneak a peek at nearly any American's list of New Year's resolutions, and you're likely to see this entry: Lose 5 (or 10 or 20) pounds.

The sad truth is that despite increased awareness of the importance of eating a low-fat diet, more Americans are overweight now than ever before. "The latest figures show that 33 percent of adult Americans are overweight, compared to 25 percent in 1976," says Carlos Crespo of the National Heart, Lung and Blood Institute in Bethesda, Maryland. "The paradox is that Americans have reduced the percentage of calories they consume from fat. Our hypothesis is that the increase in overweight comes from less energy expenditure. All those things that are making our lives easier, like riding lawn mowers and drive-up automated teller machines, may be making us fatter."

So it's not just what we eat but how little we move that's responsible for the excess poundage and increased risk of disease. "Physical activity is a natural part of our evolutionary status, but somehow we've managed to engineer it out of most people's lives," University of Minnesota epidemiologist Russell V. Luepker said at a news conference announcing the National Institute of Health's recommendation that Americans get 30 minutes of moderate activity each day.

In the national culture of car phones and E-mail, about 54 percent of Americans live sedentary lives. This "epidemic of inactivity" is responsible for an estimated 250,000 deaths per year, according to a report published last year in the *Journal of the American Medical Association.*

That's why the newest shape-up message being touted by health professionals is simply this: Add activity to your life. No need to change into gym shorts or, heaven forbid, Lycra and sweat for an hour. Moderate activity, such as a daily 30-minute walk, can significantly improve health.

If moving for 30 continuous minutes seems too daunting, then three 10-minute bouts are fine, health experts note. And most people don't need to check with a physician before beginning a program of moderate activity. Do consult a doctor, however, if you plan to start exercising vigorously and are over 40 or have risk factors for cardiovascular disease.

So revise that resolution to lose weight. Instead of focusing solely on the results you want, such as weight loss, focus on the healthy behaviors necessary to achieve your goal. Shifting from a sedentary life to a moderately active one carries health benefits that extend far beyond the scale.

In addition to reducing your risk of ailments from cardiovascular disease to colon cancer, regular exercise can enhance immune function and relieve troublesome symptoms of numerous health conditions—including back pain, arthritis, and premenstrual syndrome. Just beware of the "January 1st" approach to exercise, where you vow to work out with a vengeance every day.

This unrealistic mind-set is one reason why about half of all people who begin an exercise program drop out, typically within the first few weeks.

Instead, set realistic goals that will help you ease into activity. For example: "I will take 10 minutes just for myself each day

continued on page 93

Physical activity is a natural part of our evolutionary status, but somehow we've managed to engineer it out of most people's lives.

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FOOD

HOT DISHES FOR COLD DAYS

From the Deep South to the Far East—there's a world of flavor in these spicy international favorites.

SOTO AJAM

Arguably, some of the world's best foods are found in Indonesia, where multinational tastes converge in dishes such as Nasi Goreng (Indonesian fried rice). Although there are many variations of this spicy national dish, we've chosen our favorite with a mild blend of seafood and spices that's sure to add warmth to any winter dining occasion. A second great Indonesian dish, Soto Ajam, is a spicy chicken soup flavored with ground ginger, red pepper, and coriander.

From the Middle East comes Circassian Chicken—a boiled chicken delicacy ingeniously flavored with garlic, peppercorns, bay leaf, cloves, and onions. You can turn up the heat by adding cayenne pepper.

All three recipes rely on a combination of spicy ingredients, but you can also spice up a single vegetable dish with delicious results. Lovers of peas will find that their favorite vegetable is even better with a dash of cumin (see Peas with Onion recipe). This Middle Eastern spice is most often encountered in chili in the United States, but we all might benefit from using it more widely. Studies in Israel show that people who eat cumin regularly have a lower incidence of bladder and prostate cancers.

If you'd rather warm up this winter with something a little closer to home, we suggest Texas White Chili or North Carolina Chili, as well as another Deep South favorite, Spicy Corn Pudding with jalapeños. If things get a little too heated at the dinner table, a spoonful of yogurt or a sip of milk can help put out the fire. *Bon appétit!*

NORTH CAROLINA CHILI

(Makes 10 servings)

2 pounds beef, cubed ½"
2 ounces olive oil
5 cloves garlic, minced
1 large onion, finely chopped
1 red bell pepper, deseeded and chopped
2 jalapeño peppers, deseeded and chopped
3 cayenne peppers, fresh or dried, deseeded and chopped
1 yellow banana pepper, deseeded and finely chopped
8 fresh tomatoes, peeled, deseeded, and diced, or 4 cups low-salt tomatoes
2½ cups low-salt tomato sauce
¾ cup Red Gold tomato paste
4 teaspoons cumin
2-4 teaspoons chili powder

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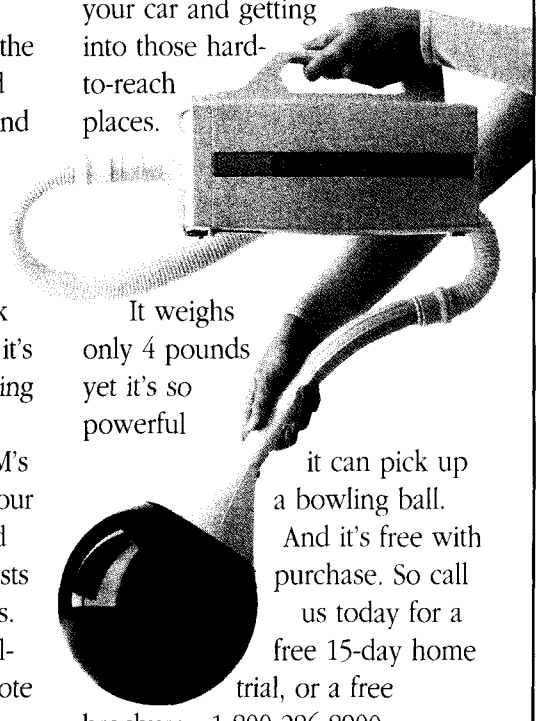

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2 teaspoons Tabasco
1 large bay leaf
1 teaspoon dried oregano
1 teaspoon dried basil
2 cups red kidney beans, canned
2 cups black beans, canned
Water to thin if desired

Brown meat in 1 ounce olive oil; remove meat and all excess liquid from pan. Place pan back on heat and add remaining ounce olive oil. Lightly brown garlic; then add onion and brown. Add all peppers and continue to cook another 5 minutes. Add diced tomatoes and cook 10 minutes. Add all remaining ingredients, including meat and liquid (except for beans), and simmer 45 minutes. Add beans and simmer 20 more minutes—add water to thin if desired.

Per Serving (1½ cup):
Calories: 474 Carbohydrate: 36.6 gm
Cholesterol: 58 mg Protein: 26.1 gm
Sodium: 390 mg Fat: 24.8 gm
Diabetic exchange: 2 bread + 1 vegetable + 2½ medium-fat meat + 2 fat

SOTO AJAM

(Makes 8 servings)

¼ cup instant minced onion
1 tablespoon instant minced garlic
10⅓ cups water
2 tablespoons vegetable oil
3 teaspoons ground coriander, divided
1½ teaspoons ground ginger, divided
1 teaspoon grated lemon peel
¼ teaspoon ground red pepper
¼ teaspoon ground black pepper
2 whole boneless, skinless chicken breasts, cut into chunks (about 1½ pounds)
½ cup coarsely grated carrots
½ cup thinly sliced leeks
½ cup thinly sliced celery
1 tablespoon parsley flakes

Combine onion, garlic, and ⅓ cup water in cup; set aside to soften, about 10 minutes. In large saucepan, heat oil until hot. Add onion mixture; cook, stirring occasionally until soft but not browned. Stir in 2 teaspoons coriander, 1 teaspoon ginger, lemon peel, and red and black peppers; cook and stir 30 seconds. Add chicken and 10 cups water; bring to boil; reduce heat and simmer, covered, until tender, about 1¼ hours. Strain chicken from broth and refrigerate; return broth to clean saucepan. Bring broth to boil; boil until reduced to 6 cups, about 30 minutes. Stir in remaining 1 teaspoon coriander and ½ teaspoon ginger. Place reserved chicken in soup tureen; pour over hot broth. Add carrots, leeks, and celery; sprinkle with parsley.

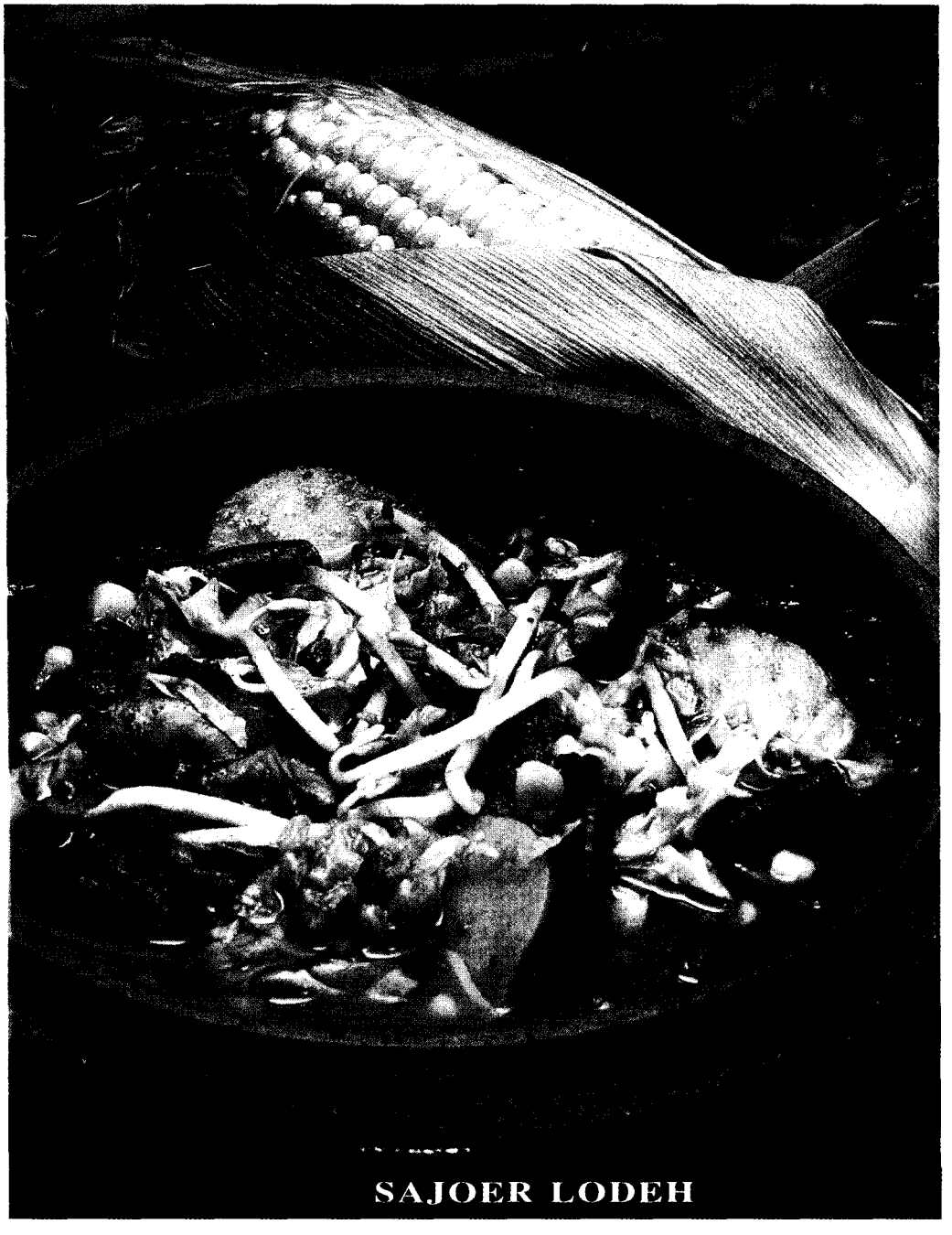
Per Serving (about 1-1¼ cups):
Calories: 161 Carbohydrate: 5.8 gm
Cholesterol: 51 mg Protein: 19.9 gm
Sodium: 53 mg Fat: 6.4 gm
Diabetic exchange: 1 vegetable + 2½ lean meat

SAJOER LODEH

(Makes 6 servings)

1 tablespoon instant minced onion
1 teaspoon instant minced garlic
4 teaspoons water
1 tablespoon vegetable oil
2 cups new potatoes, unpeeled and cut in 1½" pieces
3 teaspoons ground turmeric
1 teaspoon ground cumin
½ teaspoon ground red pepper
3½ cups crushed Red Gold tomatoes
2 cups low-salt chicken broth
7½ cups (about 1½ lbs.) thinly sliced cabbage
1½ cups green beans cut in 1½" pieces
2 cups bean sprouts
1 cup corn kernels
¼ cup shredded carrots
¼ cup creamy peanut butter
2 tablespoons lemon juice
1½ tablespoons low-salt soy sauce

In cup, combine onion, garlic, and water; set aside to soften, about 10 minutes. In large saucepan, heat oil until hot. Add onion and garlic; cook and



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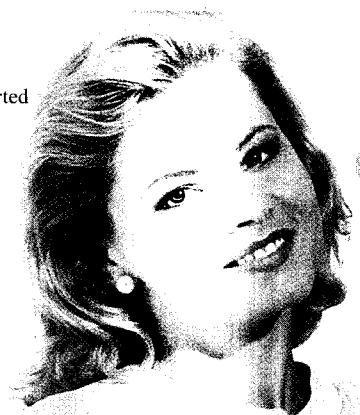

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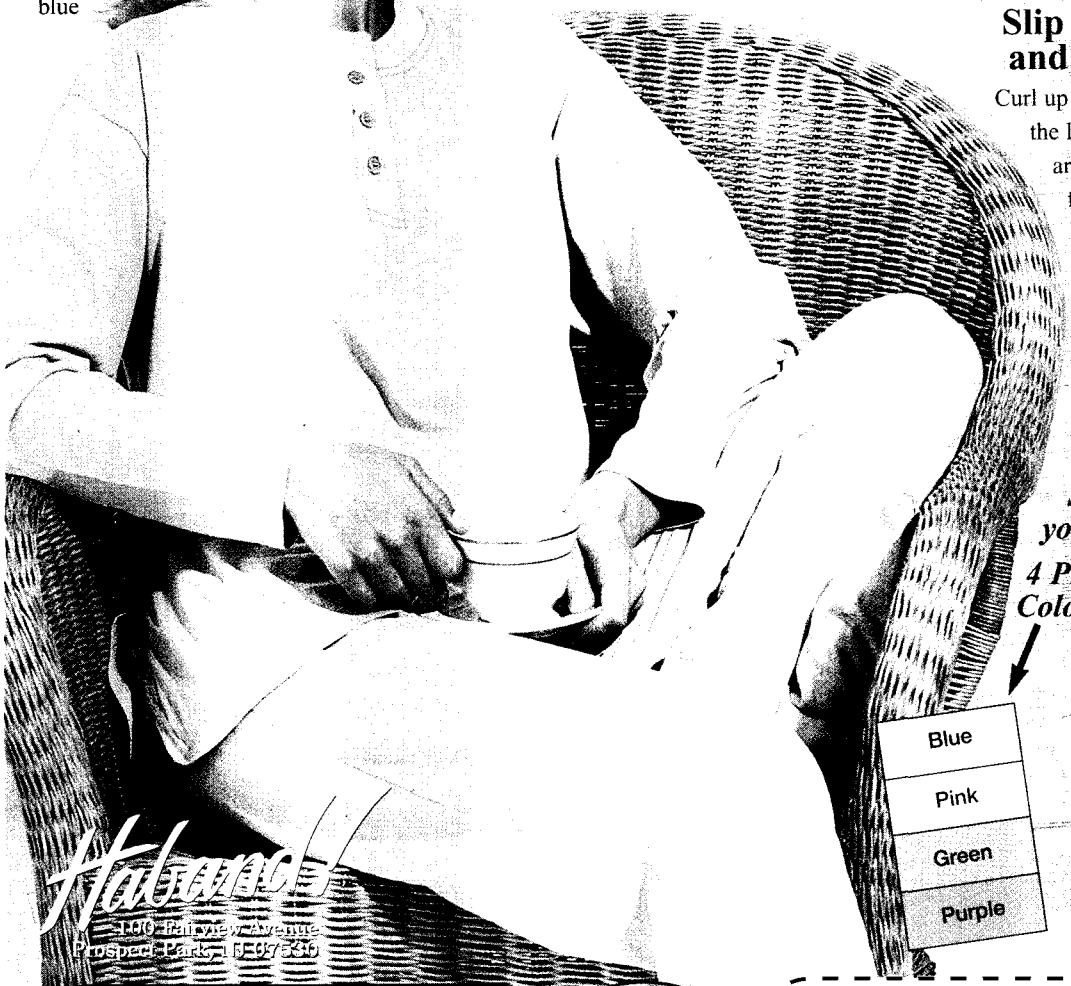

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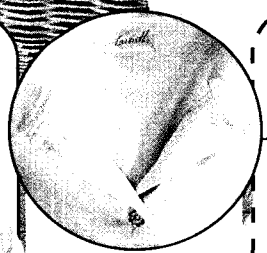

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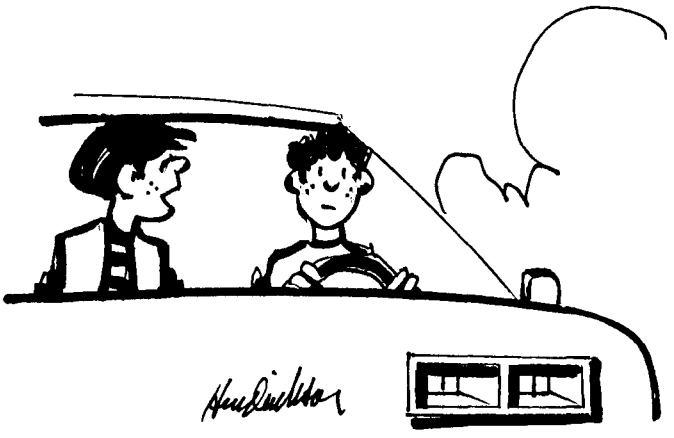
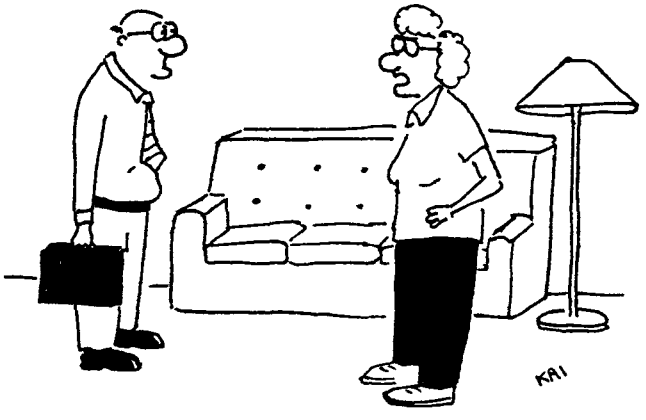


"How did you get a license? My parents told me they only allow two driver's licenses per family!"

"I'm sorry, my husband can't come to the phone right now. He's gotten himself stuck between a pillow and a soft place."



"Of course your job is full of high pressure! You're a weatherman!"

"Well, I prefer to think of it as proof that I'm growing as a person."

"Oh, Jimmy knows all about the party. It's his mom who's getting the surprise."

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35	12.24	11.56	13.94	13.09	18.79	17.51	24.44	22.53
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37	13.01	12.20	14.79	13.77	20.06	18.53	26.35	24.01
38	13.52	12.58	15.39	14.28	20.95	19.30	27.41	24.86
39	14.03	13.01	16.07	14.79	21.97	20.06	28.90	25.93
40	14.62	13.39	16.75	15.22	22.99	20.70	30.18	26.78
41	15.26	13.86	17.51	15.73	24.14	21.46	31.88	28.05
42	15.94	14.28	18.36	16.32	25.42	22.36	33.79	29.33
43	16.70	14.79	19.21	16.83	26.69	23.12	35.70	30.39
44	17.55	15.30	20.15	17.34	28.09	23.89	37.83	31.66
45	18.53	15.90	21.25	17.94	29.75	24.78	39.10	32.94
46	19.64	16.45	22.87	18.87	32.17	26.18	41.23	34.85
47	20.91	17.04	24.48	19.72	34.60	27.46	42.71	36.55

MONTHLY RATES

Issue Age	$50,000 Male	$50,000 Female	$100,000 Male	$100,000 Female	$150,000 Male	$150,000 Female	$250,000 Male	$250,000 Female
48	22.23	17.68	26.44	20.83	37.53	29.11	45.05	38.68
49	23.67	18.40	28.22	21.68	40.21	30.39	46.75	40.38
50	25.12	19.13	30.18	22.78	43.14	32.05	48.66	42.29
51	26.52	19.98	31.96	23.80	45.82	33.58	53.34	44.63
52	27.92	20.87	33.66	24.82	48.37	35.11	58.86	46.96
53	29.45	21.80	35.53	26.01	51.17	36.89	64.81	49.51
54	31.20	22.78	37.74	27.29	54.49	38.80	71.19	52.06
55	33.32	23.89	40.38	28.65	58.44	40.84	78.63	54.83
56	35.66	24.95	43.18	29.92	62.65	42.76	86.49	57.59
57	38.08	25.93	46.24	31.20	67.24	44.67	92.65	60.14
58	40.89	27.07	49.73	32.64	72.46	46.84	99.24	62.90
59	44.20	28.52	53.89	34.43	78.71	49.51	107.53	66.51
60	48.32	30.43	58.99	36.81	86.36	53.08	117.73	71.61
61	52.96	32.73	64.77	39.61	95.03	57.29	129.41	77.56
62	58.06	35.19	71.06	42.67	104.47	61.88	142.16	84.36
63	63.84	38.17	78.29	46.41	115.30	67.49	157.04	92.23
64	70.72	41.78	86.79	50.83	128.05	74.12	174.25	101.58
65	78.88	46.24	96.99	56.44	143.35	82.54	194.86	113.05
66	88.10	51.60	108.46	63.07	160.57	92.48	217.60	126.44
67	98.52	57.59	121.38	70.47	179.95	103.57	243.31	141.53
68	110.16	64.35	135.83	78.88	201.62	116.20	272.21	158.31
69	123.29	71.95	152.07	88.32	225.97	130.35	304.09	177.01
70	138.00	80.54	170.43	99.03	253.51	146.41	340.21	198.48
71	154.57	90.23	191.00	111.01	284.37	164.39	380.59	222.06
72	173.15	101.11	214.03	124.53	318.92	184.66	425.64	248.84
73	194.06	113.35	240.04	139.83	357.94	207.61	476.43	278.80
74	217.56	127.20	269.28	157.00	401.80	233.37	533.16	312.38
75	243.95	142.80	302.01	176.38	450.88	262.44	596.70	350.41

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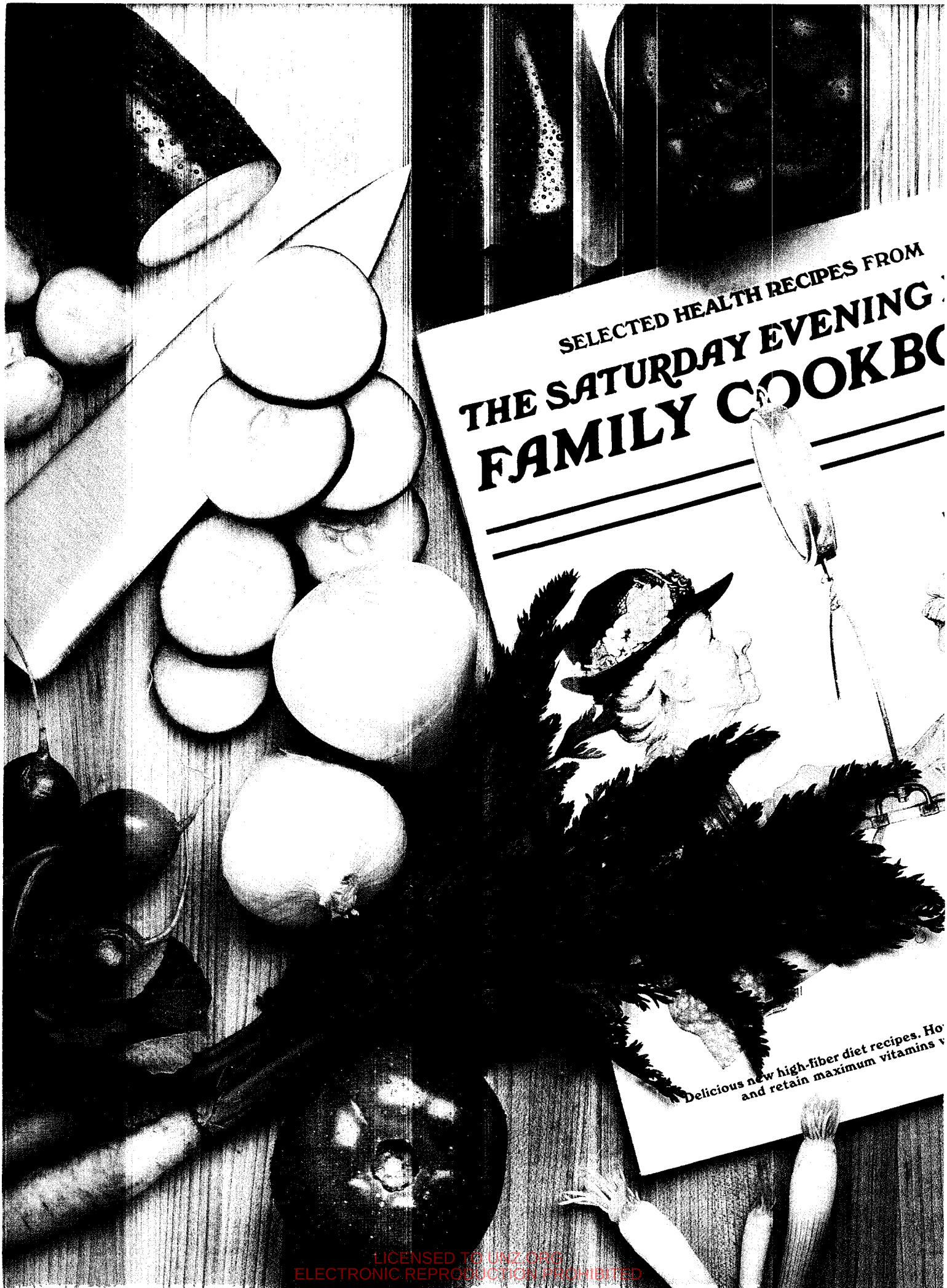

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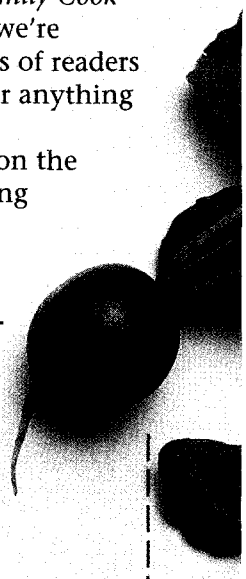

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"WHERE CAN I GO BEAR HUNTING IN PHILADELPHIA?"

Visitor information bureaus across the country get some of the strangest questions from confused travelers.

by Marty Olmstead

Illustration by Norman Rockwell

How long does it take to fly from San Francisco to Berkeley?

Does your map have streets on it?

Where can I get breast implants in San Francisco?

—San Francisco

I'm trying to build a flying saucer—where can I go for help?

—San Jose, California

What kind of currency do you use?

—Hawaii

Where can I buy a picture of the Liberty Bell? In the one I have, the bell has a crack in it.

I'm moving to San Francisco—what's it like?

Why is my tarantula bald?

Where can I go bear hunting in Philadelphia?

What hotel in Philadelphia overlooks the ocean?

How much does it cost to get into the free festival at Penn's Landing?

If I visit the Italian market, will I see Rocky Balboa working out?

Will the fireworks be at night or during the day?

—Philadelphia

What's the official language of Alaska?

—Fairbanks, Alaska

Do you have a map of the Iditarod trail? We'd like to go for a walk now.

—Anchorage, Alaska

If it rains, will the hot-air balloon race be held inside Freedom Hall?

Where is a good place to propose to my wife?

What is a stud?

—Louisville, Kentucky

What are all those dwarf trees all over the hills?

—Sonoma Valley wine country

Where can I rent a camel to visit the Grand Canyon?

I'm on a street with a lake—how do I get downtown?

—Los Angeles

If you go to a restaurant in Idaho and you don't want any kind of potato with your meal, will they ask you to leave?

—Boise, Idaho

When is your next jazz funeral?

How naked can you get at Mardi Gras?

Can you help me plan a safari?

—New Orleans

How many cups of water could it take to fill the Grand Canyon?

When will they complete the bridge across the Grand Canyon?

Why isn't the Grand Canyon lit at night?

Do you have fires in the fireplaces in Arizona?

Can you fix my parking ticket?

Can you help me open an Indian

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trading post in North Carolina?

Is it going to snow in November?

Where is the Elvis Presley theme park?

—*Phoenix*

Have we made peace with the Indians?

—*Scottsdale, Arizona*

What's that white stuff on the mountains—is it salt?

Where can I go to hear the Utah Jazz?

In New York City there's a dance called the ballet—do you have anything like that in Utah?

Where can we go to see the Mormons?

—*Salt Lake City*

What time of year do the deer turn into elk?

Can you send me an autographed picture of your governor, John Denver?

Can you walk to the ski slopes?

What season is it there right now?

I've had quadruple bypass surgery—can I ride the bobsled?

—*Denver*

Where can I buy a picture of the Liberty Bell? In the one I have, the bell has a crack in it.

Where are Scarlett and Rhett buried, and are they buried together?

—*Cobb County, Georgia*

Where can we find Amish hookers? We want to buy a quilt.

—*Pennsylvania Dutch Country*

Will India be sending a team to the Olympics?

Could you tell me some hotels near Yellowstone?

I'd like to know about the opportunities for dog sledding in Des Moines.

Can you tell me when to plant my broccoli?

Will it snow on Dec. 7?

—*Des Moines, Iowa*

Why does the mosquito in Florida bite only at dusk when it bites everywhere else at 4:00 p.m.?

Where can I find an Orlando hotel with an ocean view?

We're allergic to carpeting—which hotels don't have carpeting?

Can you find my son? He's at a convention.

If I'm pregnant and don't go on the Disney World rides, do I get a discount?

Please send me four Disney World tickets—I'll send you the money later.

—*Orlando, Florida*

Which beach is closest to the water?

—*Florida Space Coast*

I'm a licensed scuba diver—can I dive in the shark tank at the Baltimore Aquarium during the feeding?

Which hotels have rooms with swimming pools in them?

How do you make peppermint sticks?

What is the nutritional value of crabs?

Where is the Soul Train locomotive stop?

Is there ferry service from Baltimore to Houston, Texas?

Where is Baltimore's uninhibited island?

What time will it start raining today?

Does someone drive the water taxi, or does it go by itself?

Where can I go rat fishing in Baltimore?

—*Baltimore*

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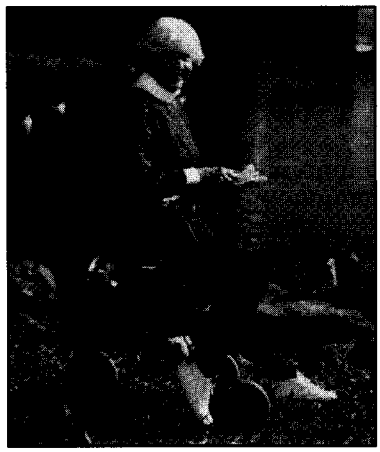

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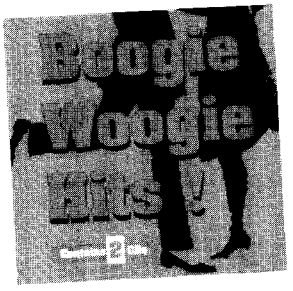

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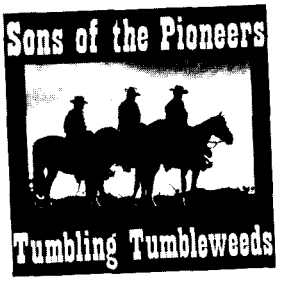

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HEARTBEAT

The Healthy Heart Report

A CITY TACKLES CARDIAC ARREST

Field-tested by an NFL team, automated external defibrillators perform under pressure when every second counts.

by Ted Kreiter

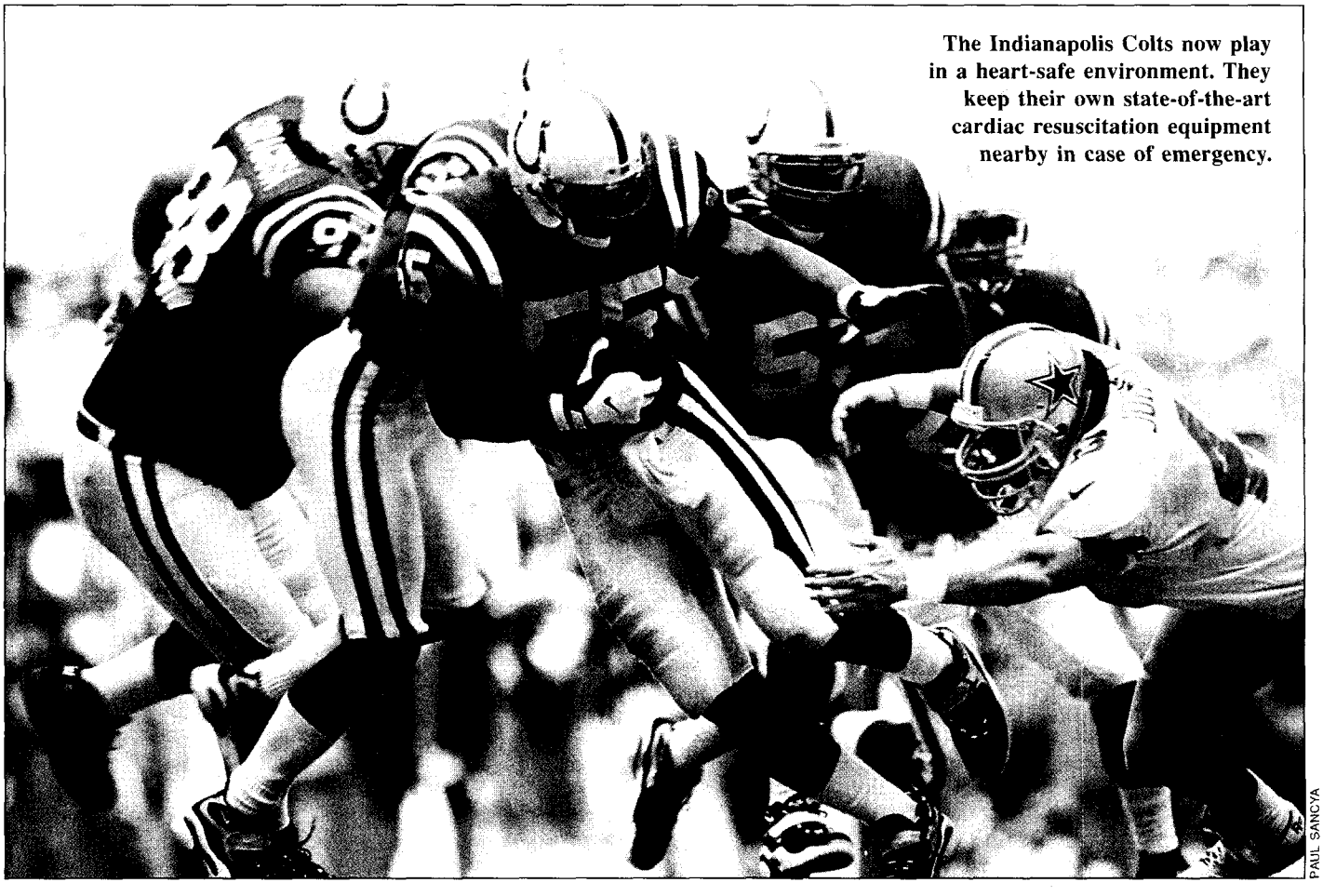
It isn't often that a football fan is saved from a heart attack by his favorite NFL team. When Indianapolis Colts team members came to the aid of an Indianapolis man with their new automated defibrillator last fall, it was the start of a new campaign for heart safety in this sports-oriented Midwest community.

The Colts were returning home from a victory over the Dallas Cowboys last September 15 when Nicholas Kordick, a 59-year-old corporate guest on the flight, started having chest pains as the plane headed down the runway. By the time the plane started climbing, Kordick was dizzy and in a cold sweat. Finally, he blacked out.

The next thing Kordick knew, people were hovering over him and a Colts' physician was attaching the electrodes from a bright red plastic box to Kordick's chest. Most airliners don't carry defibrillators, but Kordick happened to be flying with the right people that day. Since the beginning of the '96 season, the Colts have been carrying a portable automated external defibrillator (AED) with them wherever they go. They'd had the lifesaving device for only a few weeks before it was called into action.

With the defibrillator monitoring Kordick's heart rhythm, the doctors on board stabilized him with nitroglycerin and an IV, and the pilot was able to complete the flight with a priority landing at the Indianapolis International Airport. Kordick now considers himself "a really lucky man."

"Guys like [Colts defensive tackle] Tony Siragusa were grabbing my feet and saying, 'Come on, you're going to be OK,' " he recalls, but most of all, he credits the heart-monitoring defibrillator for giving him peace of mind during the heart attack. "My compliments to that machine. If I'd gone into stoppage [cardiac arrest], it would have done its thing," he says. "The audio chip in there [that gives verbal instructions to



The Indianapolis Colts now play in a heart-safe environment. They keep their own state-of-the-art cardiac resuscitation equipment nearby in case of emergency.

PAUL SANCYA

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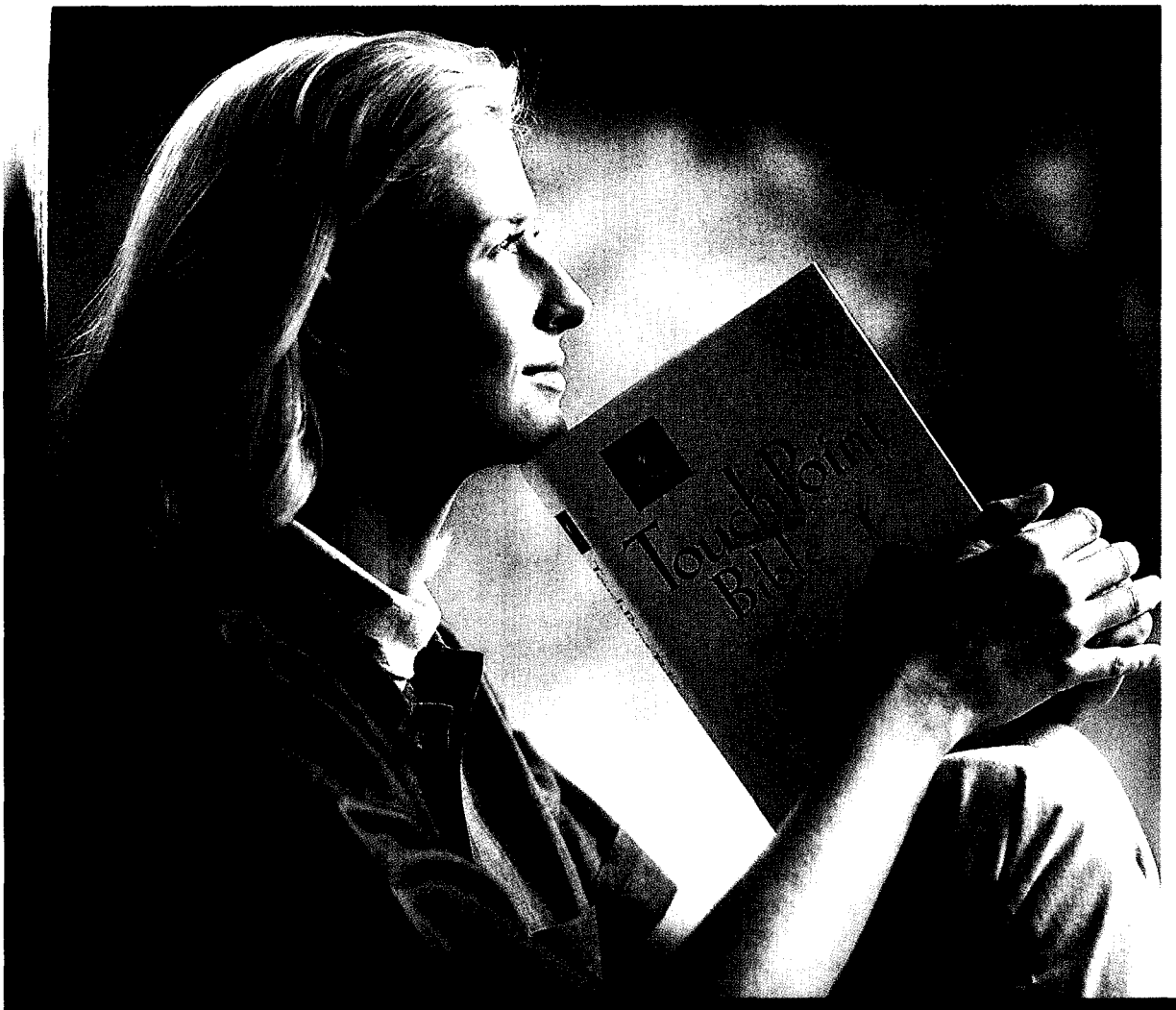

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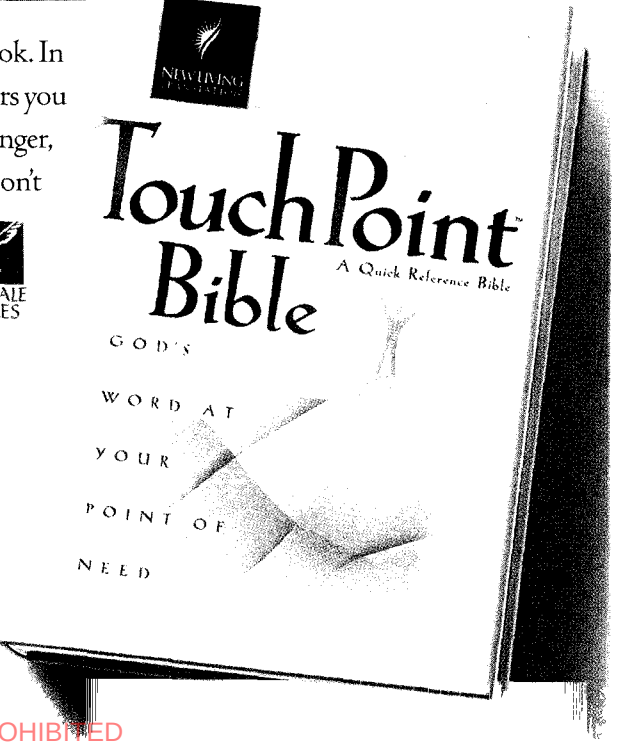

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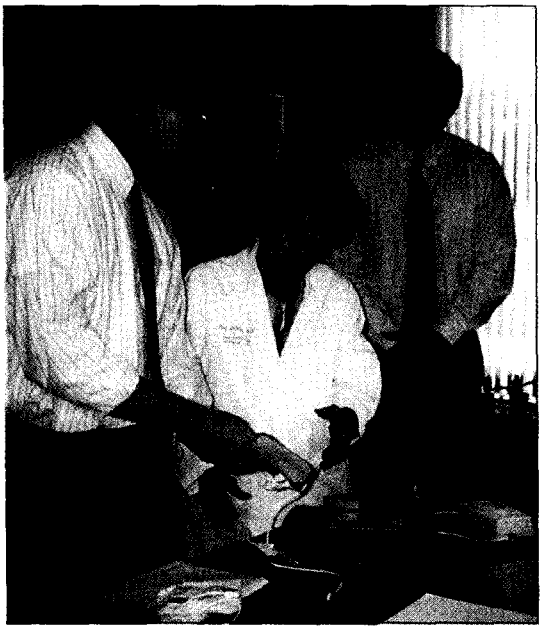
users] was driving everybody crazy, but it didn't bother me at all."

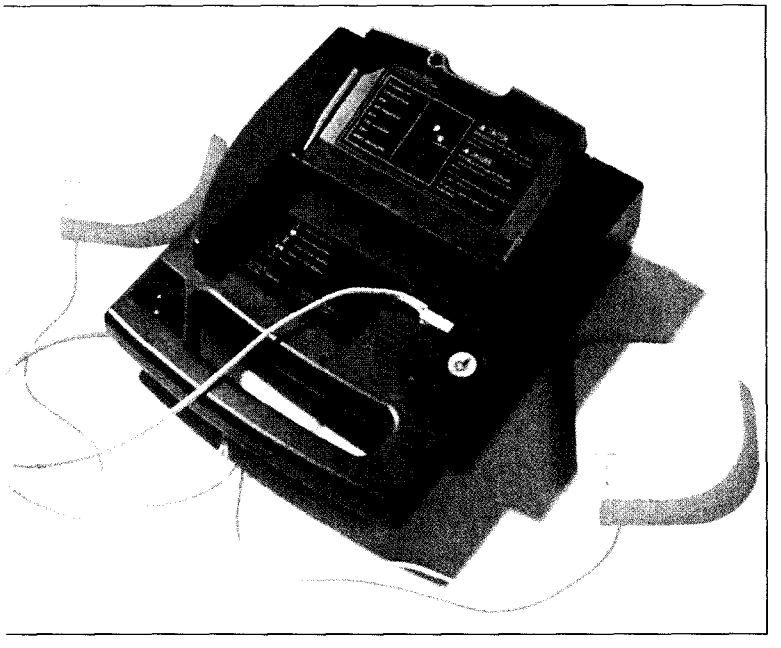
Kordick is now doing fine, but the story doesn't quite end there. The Indianapolis newspaper reported the incident, and within weeks the Indiana Pacers basketball team picked up a defibrillator. Other sports and fitness organizations also are looking into acquiring one. These developments are exciting to John Miller, president of Cardiolink, the Indianapolis company that sold the defibrillators to the Colts and the Pacers. An emergency medical technician with the Indy Racing League, Miller has been pushing for wider use of the new lighter, easier-to-use, and less expensive defibrillators that are now available.



John Miller, president of the Cardiolink company, demonstrates a new user-friendly portable defibrillator. He believes the lifesaving devices will become as common as fire extinguishers.

Miller believes airlines should carry the defibrillators and that they should be made available in high-rise office buildings, as well as in public places. He has been targeting city health clubs. Sudden cardiac arrests have been known to occur in clubs where people work out on exercise equipment. Miller's company has developed a "heart-safe" sign to be posted wherever an AED and trained operators are available. "It should be a good selling point for health clubs," he says.

Time is of the essence in cardiac arrest cases, Miller says. "The longer the heart sits there and fibrillates, the greater the amount of dead tissue that accumulates in the heart. That's why the survival rate from cardiac arrest is only 2 percent in New York City, where it takes an average of 12 minutes for an emergency vehicle to arrive. With an automated defibrillator available on the wall and someone trained to use it," Miller says, "the chance of being resuscitated goes from zero percent up to 90 percent."



About the size of a laptop computer, the VivaLink monitors heart rhythm and tells the user to depress a button if a defibrillating shock is necessary.

The defibrillator model used by the Indianapolis Colts is the VivaLink, manufactured by SurVivaLink Corporation of Minneapolis. It weighs only seven pounds and is a fraction of the size of machines used by hospitals and emergency medical teams. It is also a fraction of their price, selling for about $2,800. The VivaLink is one of several new small defibrillator models made by various manufacturers to become available in the last year and a half.

The defibrillator, approximately the size of a laptop computer, features a diagram showing where the two electrodes should be placed on the chest and has automated voice prompts that guide a user from the moment the lid is opened. "With the newer, more sophisticated technology, anyone can learn to use it with only an hour of training," Miller says of the new defibrillator. The machine automatically analyzes a victim's heart rhythm and signals the user to push a button to deliver a defibrillating shock if necessary. It also keeps a 20-minute record of the heart rhythm that can be displayed on a personal computer terminal.

The American Heart Association (AHA) also recommends wider use of AEDs and recently has added AED instruction to its CPR classes.

In the past, the AHA protocol relied on CPR to keep oxygen flowing to the brain and heart until emergency personnel arrived with a defibrillator, but early defibrillation has been found to save more people. "While CPR does save some lives, the success rate depends on the city," says Dr. Douglas Zipes, chief of the Krannert Institute of Cardiology in Indianapolis and former president of the North American Society of Pacing and Electrophysiology. "Seattle has a 30 percent rate of success because of public education and quicker availability of emergency personnel than New York City." But each city's success rate could as much as quadruple with wider availability of defibrillators, Zipes says.

About 300,000 people die annually in the United States from sudden cardiac arrest, notes Miller. And many of those deaths might be prevented. Miller is heartened by increasing interest shown in AEDs.

"Just the other day," he says, "I talked to a couple here who want to have one in their home. They're in their 70s. The husband had a heart attack and was grateful when his neighbors came to his aid. Now he wants to buy an AED and put it on the porch of his house and have his wife and neighbors trained to use it for him or for anyone else in the neighborhood who might have a problem. They may be the first household in the country to do this." Miller is certain they won't be the last.

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"They Laughed When The Doctor Suggested Honey, Garlic & Vinegar"

(SPECIAL) It may sound funny, but we know from scholars that ancient civilizations relied on their healing power for a wide variety of ailments. In fact, honey was so prized by the Romans for its medicinal properties that it was used instead of gold to pay taxes. Egyptian doctors believed garlic was the ultimate cure-all. And vinegar is said to have been used for everything from arthritis to obesity for thousands of years.

Today doctors and researchers hail the healing abilities of honey, garlic and vinegar as much more than folklore. Hundreds of scientific studies have been conducted on this dream team of healers. The results are conclusive on their amazing power to prevent and cure many common health problems.

These studies prove that this trio from nature's pharmacy can help **reduce blood pressure, lower cholesterol, im-prove circulation, lower blood sugar levels and help fight cancer.** Scientific evidence also indicates that they can be of medicinal value in the treatment of: **arthritis, athlete's foot, bronchitis, burns, colds and flu, cold sores, constipation, cramps, diarrhea, ec-zema, earaches, fatigue, fungus, heart problems, muscle aches, prostatitis, psoriasis, rheumatism, ringworm, sinus congestion, sore throat, urinary infections, virus and yeast infections and more.**

A new Doctor's book called *Honey, Garlic & Vinegar Home Remedies* is now available to the general public. It shows you exactly how to make hundreds of remedies using honey, garlic and vinegar separately and in unique combinations. Each preparation is carefully described along with the health condition for which it is formulated.

Learn how to prepare ointments, tonics, lotions, poultices, syrups and compresses in your own kitchen. Whip up a batch to treat:

- **ARTHRITIS:** Doctor re-ports that this remedy helps relieve the pain with no side effects
- **AGE SPOTS:** Watch them fade with this mixture
- **CORNS & CALLOUSES:** Get rid of them fast with this natural method
- **HANGOVER:** Feel like your old self in no time
- **HEADACHE:** Enjoy fast relief without drugs
- **HEMORRHOIDS:** Don't suffer another day without this proven recipe
- **LEG CRAMPS:** Try this simple way to quick relief
- **MUSCLE ACHES:** Just mix up a batch of this and rub it on
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Right now, as part of a special introductory offer, you can receive a special press run of the Doctor's book *Honey, Garlic & Vinegar Home Rem-edies* for only $8.95 plus $1.00 postage and handling.

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"It's been lonely without Edwin along on vacation, but I've taken plenty of memories to ease the pain."

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"How A Desperate 53 Year Old Pennsylvania Housewife Finally Discovers The Secret to Safe, Gentle Arthritis Pain Relief"

Marcella Hardinger suffered from terrible arthritis pain for years. Recently, she stumbled onto a "relief secret" that has given her a new lease on life. Read her amazing story and discover it for yourself.

My name is Marcella Hardinger. I'm 53 years old. 5 foot 3 inches tall. My hair is silver-white. Naturally curly. I have blue-green eyes. Dark complexion. I'm also 47 pounds too heavy.

I live on a rural route a quarter of a mile north of the Mason Dixon Line — 25 miles south of Bedford, Pennsylvania.

I went to Fort Hill High in Cumberland, Maryland. I married my husband, Wilbur, in February 1961 and have lived in this house for 28 years.

I have four boys: Marty (my eldest), Scott, Ed and Steve.

I only wish I had known years ago what I am about to share with you now. To think of the pain — *the endless torture* — I could have avoided.

Arthritis Clobbers Me At Age 30

Let's go back in time. I'm 30 years old. Arthritis attacks my right foot. Then it spreads to my upper back. At first I *don't* realize it's arthritis. Why? Because a creek runs through the back of my property. The water is cold as ice. I swim in it. I think the cold water causes my pain, so I immediately stop swimming. The result?

Continuing Ache.

In fact, the pain in my upper back becomes *almost unbearable.* I *cannot* even turn over in bed. Peaceful sleep? Out of the question. Completely. Then I have a *brainwave.* I think, "It must be the mattress!" So what do I do? I promptly buy a new one at L. Bernstein Furniture Company.

And the outcome? *No help.*

Out of *desperation* I finally see a doctor. He takes an X-ray and diagnoses me with *osteoarthritis.* He asks if arthritis runs in my family. I tell him my father, Marshall Adams, and his sister, Lorena Thompson, are both *crippled* by it.

Things go downhill fast. In 1985 I'm diagnosed with *rheumatoid arthritis* in both knees, both hips and my lower back!

To make matters worse, the middle finger in my right hand and the one next to it lock in a downward curve. The doctor calls it "trigger finger." They *won't straighten. I can't write.* Can you imagine not writing?!? The mental anguish is almost too much for me.

And . . . just as I think that nothing else can possibly go wrong . . .

My Arthritis Actually Rips the Cartilage In My Right Knee!

My doctor drains the fluid with a needle and gives me a shot of cortisone. It *doesn't* help, though. He says he can operate, but the arthritis may tear my cartilage *again.*

I decline.

Now I'm alarmed. Really scared. I picture myself *crippled* — like my father and aunt. I'm desperate — don't know where to turn.

My pain is *brutal.* I try many strong "chemical" medications in search of relief. Sometimes *15 pills a day.* But over a long period they can produce many undesirable side-effects. Ulcers, chest pain, internal bleeding and stomach disorders. So I stop.

Dressing in the morning requires *Herculean strength.* I *cannot* even walk the length of the mall. Standing in one spot washing the dishes is *unbearable.* I have 3 flights of stairs in my home. I *cannot* walk up a single one — *all because of the pain!*

Anyway, recently I decide to try an *all natural* homeopathic remedy called Arthritis-Ease™. I'm extremely skeptical, but because I'm so *desperate* I figure, "What can I lose?"

The conclusion? Within several weeks, I notice a *real* difference. Something is *definitely working.* My pain is easing. Feet. Knees. Hips. Upper and lower back. Neck. Everywhere. *Blessed relief.*

I have less inflammation. Less bloating. Less swelling. More mobility. More agility. Do you know what this spells?

L-E-S-S P-A-I-N!

My body seems to dance with joy. And for good reason. I *couldn't* bend or scrub the floors

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before — from agony.

Now I take a walk. Wash the dishes. Brush my teeth. Get dressed. Open a jar of canned fruit. Apply my makeup. Work in my garden. Best of all . . .

I stride up all 3 flights of stairs — virtually pain free!

So what's the bottom line? Arthritis-Ease™ works for me. I believe in it. 100%. And most importantly . . .

It Can Work for You, Too!

Imagine doing things. Little things: tying your shoe laces. Shaving. Walking. Exercising. Bending. Stretching. Writing. Knitting. Holding a cup. Mowing the lawn. Now imagine doing them *without* squirming. Without *yelping.*

The company that distributes these amazing capsules has not paid me any money to write this letter.

The fact is, I'm so excited I did some homework on it. Turns out that homeopathic medicine is a science that has flourished in Europe for *two centuries.* It is based on the premise that humans — like animals and plants — have the ability to *self heal.*

Good health depends on a state of balance. When your equilibrium is disturbed, illness results. Samuel Hahnemann, who founded homeopathy 200 years ago, discovered that *minute* doses of substances known to produce certain symptoms can actually *combat a disease* producing the same symptoms. It's mind boggling.

It works in a quiet, special way — stimulating your *own healing process.* Many *traditional drugs* seek to suppress or eliminate symptoms, while homeopathy actually uses them to restore your health.

This "alternative medicine" brings about natural relief . . .

Without Side-Effects!

Arthritis-Ease™ is a *safe* and *gentle* approach to arthritis pain. No harsh ingredients. No dangerous chemicals. No aspirin. No yeast. No eggs. No dairy products. No salt. No artificial colors or flavors. No sucrose sugar. No caffeine. And certainly no threat to your digestive system. Simply put: it *won't* tear up your stomach lining, or any part of your body. Just *safe, dependable* relief.

Arthritis-Ease™ is a 100% *natural* blend of the *highest quality* homeopathic ingredients in an herbal base.

Plus, it comes in capsules. Easy-to-swallow. There's a 30, 60 or 90 day supply. I *strongly* suggest that you start with at least a two month supply, as results vary.

Arthritis-Ease™ is *not* sold in stores. You can only acquire it direct, by mail.

No Risk Three Month Unconditional Trial Period

You get a 90-day unconditional money-back guarantee. If you're not satisfied for any reason, or no reason, simply return the *empty* container(s) for a full refund of the purchase price.

Still skeptical? As an extra safeguard you can even post date your check for 40 days ahead if you like. This way it's 100% non-cashable. You have plenty of time to put Arthritis-Ease™ to the test and prove things for yourself — while they *don't* even have your money.

If you're not satisfied, return the empty containers and you'll get your *original* check back — *uncashed!*

Early Bird FREE Gift

That's not all. Send for Arthritis-Ease™ within 11 days and you'll receive a valuable bonus report, **"Homeopathy: The Non-Harmful Healing Alternative to Harsh Drugs"** *FREE!* This awesome guide gives you helpful facts about treating ailments with safe, gentle medicine — and the *truth* about using "normal" drugs.

It's a $15.00 value. But yours *free*, to keep forever no matter what, just for ordering *immediately.*

Why are they making this completely and totally risk-free for you? Simple: they *know* you will have less swelling. Less inflammation. Less stiffness. *Less pain.*

You *must* get blessed relief — guaranteed — or *they* will be left holding the short end of the stick.

They ship their capsules promptly. And ordering is a snap. Fill out the handy coupon. Mail it with your payment. In a hurry? Have your credit card ready. Call toll-free . . .

1-800-749-3937 Ext. 3

(9:00 am to 5:30 pm Pacific Time, weekdays only)

I urge you to try at least a 60 day supply, at no risk to you. And I mean *none* whatever.

Sincerely,

Marcella Hardinger

Marcella Hardinger

P.S. Order within 11 days and you'll receive a valuable $15.00 bonus report, *"Homeopathy: The Non-Harmful Healing Alternative to Harsh Drugs." FREE!* It's yours to keep forever, no matter what.

P.P.S. Give it a chance to work for you. A *real* chance. **I strongly recommend at least a two month supply.** However, a three month supply is your best bargain as you save $17.94. Your satisfaction is guaranteed, unconditionally, for 90 days. Remember, you can even post date your check for 40 days. Your arthritis pain must ease, or you get your money back.

If this desperate 53 year old Pennsylvania housewife can get safe, gentle arthritis pain relief... *you can, too.* *(over, please)*

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I have used "Arthritis-Ease" for a couple of months. I have severe osteo arthritis and have had surgery to replace two hips. I'm in my sixties & with the hips replaced I do not have the mobility I had as a young woman. I do have arthritis in other parts of my body also. What I have discovered in taking Arthritis-Ease™ has been that my arthritis pain has been eased, and it also gives me a reason for getting up & a wellness feeling.

Elizabeth Billings, AZ

Thank you for sending Arthritis-Ease™. I've had arthritis in both knees for about 6 years, but since last Christmas it is worse than ever.

I've been taking Anacin and Tylenol for the pain. I don't like Aspirin. Since taking your product I have received blessed relief in my knees.

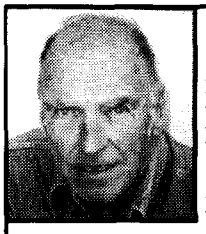
Sincerely,

Carrie West, IL

I've had arthritis for many years, and when I would sit too long, I could hardly move. When I got up it hurt to move. The short time that I've been on Arthritis-Ease™ I have noticed a big difference. I've started walking again due to the pain relief. I do about a mile and a half, in 35 minutes. I'm glad I found Arthritis-Ease™, and I would recommend it to other sufferers.

Sincerely,

Shirley Mohrman, AZ



Today I'm half way through my 2nd bottle of Arthritis-Ease. My hands are much better-swelling is down, and my movement is improved. We are in the middle of a major snow storm which usually made me worse.

Bill Stark, CO

LYNN SCHWARTZ
Registered Nurse

I just had to write to you. I am a fifty one year old Registered Nurse and have been in Florida for the past 20 years. I have suffered from arthritis for the past 6 years and have been taking prescription drugs — Feldine 20mgs every day along with Axid 150 mgs twice a day.

On June 13, I started taking Arthritis-Ease™ along with my prescription drugs. I continued this regimen for 3 weeks. On July 4, I cut back my Rx medications to three days a week.

On July 18, I stopped taking Rx medications. I can't thank you enough for providing such a simple and inexpensive alternative to Rx drugs. I am feeling better physically. Moreover emotionally things are wonderful. Not taking drugs that are most probably harming other organs in my system has made a great impact in my life.

Lynn Schwartz

Lynn Schwartz, Registered Nurse

(**Note**: Consult your physician before changing any medications.)

When I first received Arthritis-Ease we were out of town, so it was about 3 weeks later before I started using it. After 1 week to 10 days later I became aware that that blasted pain that so much a part of my every-day life was definitely lessened. Then I had knee surgery (arthritis-related) and had to curtail the product. Now I'm back on it (for about a week) and already feeling better again. Being realistic, I know it won't remove the spurs on my hips and knees, but less pain makes living definitely worth-while.

Marion Bullock, AZ

I find Arthritis-Ease™ very, very helpful. I have put aside the prescription tablets I had been taking for pain for quite some time. I recommend "Arthritis Ease™" highly.

Mary Mason, CA

Important: Consult your physician before making any changes in your medication. This offer and product are not intended as a substitute for medical advice. Results vary from individual to individual and you may receive greater or lesser relief than those whose stories are enclosed.

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I've been taking Arthritis-Ease™ for about 3 weeks now, and it does seem to help, but if I keep taking it, I'm sure it will help more. I've taken other brands that didn't help me as much as Arthritis-Ease™ has. For the short time I have taken it, I have experienced relief in the lower back & shoulders. I'm going to go back to bowling and some golf as I'm feeling better.

Robert DeLow, AZ

Gentlemen:

Enclosed is my check for the shipment of Arthritis-Ease™. I would appreciate a rush on this order as soon as possible because I do have several people that want to try your product.

I have been using Arthritis-Ease™ now for about 5 weeks and it is helping me very much. I practice Reflexology and serve a lot of people with arthritis and I know that I can do justice to the product.

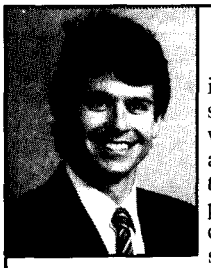
Thank you,

Everett B. Peck, ID

Since I started using Arthritis-Ease™, it's been helping me with my pains in my legs and shoulders, I do have arthritis, but now the pain isn't as bad as before I started using it. I feel a lot better now, and I will be ordering again.

You can use my name but I don't want you to use my home address, I don't want people writing to me.

Ida Malwitz, CA



MALCOLM JANET
Registered Pharmacist

I own a small pharmacy in California. I'd like to share an interesting story with you; Bill, a customer and friend called me, close to tears, having tried arthritis pain medications-- none of which helped. He said,"Malcolm, please help me. Isn't there any other medications we can try?" I could sense his desperation.

That's when I remembered an advertisement for Arthritis-Ease™ and wondered if it might work for Bill. Because Bill was such a good customer and a long time friend, I sent away for 4 bottles.

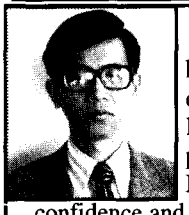
I gave him two bottles, as that is what is suggested for a fair test. I gave the other two bottles to Wayne, another arthritis customer of mine.

Several weeks later, when I had completely forgotten about this, Bill came into my store and wanted to hug me. I'm quite serious. He was over the moon with joy and explained that nothing, in all the years, had ever helped to bring him this much relief.

In addition, Wayne called me on the telephone also ecstatic with the results.

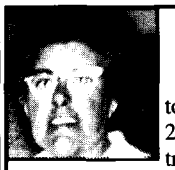
I have actually seen it work. Moreover, because homeopathic medicine is all natural-- no aspirin or other harmful chemicals-- it is extremely safe to use.

Malcolm Janet, Pharmacist *Malcolm Janet*



After taking one and a half bottles (about 150 capsules), I am feeling less stiffness and less pain without side effects. I'll keep taking it with confidence and hope.

Mike H. Tsai, CA



Dear Sir,

I'm writing tonight, October 24th. I've had trouble with my left and right knees for years. Then I got this letter from Marcella Hardinger and I sent for your Arthritis-Ease™. Due to reduced pain, I was able to start walking more. I am 72 years old and my doctor diagnosed me with osteoarthritis. I am now able to quit taking regular pain pills. Excuse my handwriting.

Yours Truly,

Zera Erickson

In the beginning of 1992, I started having this terrible pain on my left back between my hip and ribs. It was an excruciating pain. After going to a bone doctor, it was diagnosed as being arthritis from curvature of the spine since birth.

I am 76 years old and I could have surgery which is very risky at my age or live with pain pills and a Velcro support. In 1993 I sent for a bottle of "Arthritis-Ease™" and within a week my pain was tremendously helped without taking pain pills.

Ruth Williams, CA

— 90 DAY NO RISK TRIAL —

OVER 125,000 PEOPLE HAVE *ALREADY* ORDERED

Send Order To:

Name _____

Street _____ Apt. # _____

City, St, Zip _____

Phone ( ) _____

❑ **YES!** Please rush my order of Arthritis-Ease™ capsules immediately. My satisfaction is guaranteed for 90 days. I must have less swelling. Less stiffness. Less inflammation. Less pain. In short...*blessed relief without side-effects* - or I'll simply return my *empty* container(s) for a *full* refund of the product's purchase price. My risk is zero.

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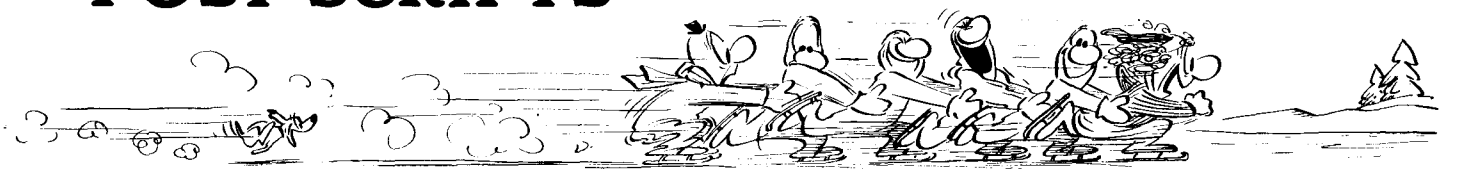

Now You Tell Me

The kids are layered and bundled—
Snowsuits, hats, and scarves just so—
And then a little voice is heard:
"Mom, I have to go."

—Sharon Dyer

Easy Does It

Proof this is an affluent country: We never seem to run out of problems that money can't solve.

—Gil Stern

Not Around Me You Don't

No smoking is the rule these days,
Though some can't squelch desire;
It's best to heed those warning signs,
Since where there's smoke, there's ire.

—Helen S. Phillips

To My Valentine

I'd like to write a sonnet
Or compose a symphony
To honor you with phrases
Of how much you mean to me.
But here's some little verses
With much love in every line.
They are meant for no one else
But you, my Sweet Valentine!

—Ann M. Smith

"Where's your regular police baton?"

Almost Like Home

Tucked away in the little hamlet of Landstuhl, Germany, was a quaint little Tex-Mex restaurant. Known for its great cuisine and authentic character, the little eatery was a favorite with both American military personnel stationed nearby and the more adventurous German natives who filled it to capacity on any given night.

Upon entering, patrons were immediately translated from the schnitzel and noodle world of the lush German wine country directly into the romance of the old American West. The smell of beef fajitas and nachos filled the air as wagon wheels, old wooden tables, a creaky board floor, and various western artifacts helped establish the authenticity of the setting.

The atmosphere was so convincing that only a sign on the door truly gave the identity of this German establishment away. It read, "Willkommen Y'all!"

—Suzanne Mason

Hot Investment Tip

Invested money is like yeast—it raises dough.

—Lois Muehl

And After All These Years

My husband and I were discussing mutual friends, and we couldn't agree on the couple we liked best.

"Just name one person we're both wild about," I demanded.

Without hesitating a minute, he came forth with "You."

—Clarissa Holmgren

Plan On It

My philosophy always has been to take each day one day at a time—and not always in chronological order, either.

—Gil Stern

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Inflationary Problems

Figures don't lie, but they can distort. After all, is a professional athlete's paycheck a good indication of what he's really worth?

—John Drybred

Keeping the Faith Shipshape

As I hurried to the shore during a vacation in Maine several years ago, I caught sight of an Ogunquit Baptist Church sign. Reading its message caused me to chuckle and slow my pace so that I began savoring the quaint streets along the way.

I like to remember that sign during the winter holidays. When I become harried and start losing track of the season's meaning, I imagine accepting its invitation: "Wrinkled with Care? Come in for a Faith Lift!"

—Elizabeth Cavanaugh

Easy As One, Two, Three

The food editor of a daily paper received a call from a reader who asked, "How long would it take to cook a 15-pound ham?"

"Just a minute," the editor said, as he reached for a reference book.

"Thanks a lot," the caller said, and hung up.

—Herm Albright

Very Well Preserved

Please don't ask what my age is.
I'd really rather not say.
But I will confess to sending
fan mail
To the company that makes Retin-A.

—Susan Holdridge

I'm With You

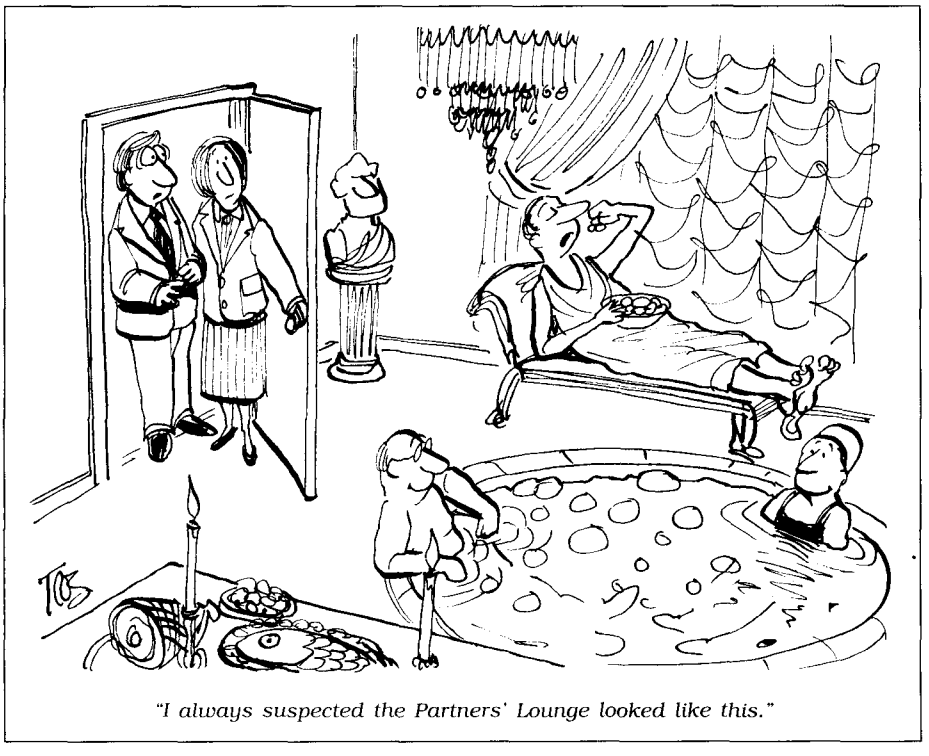
A fool and his money will soon be partying.

—Ellis J. Biderson

Ode to My Four-Legged Friend

A four-legged friend accepts you just
the way you are.
Wags his tail as you get out
of the car.
Protects you all that he can.
Often shakes his paw in your hand.
Gives love and asks for little
in return.
Does tricks from you he's learned.
Will love you no matter what
you do.
Wants no one else but you.

—Todd A. Allen



"I always suspected the Partners' Lounge looked like this."

Beauty's In the Eye of the Beholder

As the snow falls rapidly down,
Covering all the dirty bare ground,
I don't want to hear that it's pretty;
It's not something that I want
to see,
For I intend to be Florida bound!

—Leah R. Roman

That's What It Is, All Right

My six-year-old son, Baird, came home from his friend Bobby's house and sadly confessed that he had broken a vase by throwing a football in Bobby's living room.

Then he brightened a bit and said, "But Mom, you don't have to go looking for one like it. Bobby's mother said it was irreplaceable."

—Kate Kellogg

Famous Missed Connection

Cross Edgar Allan Poe with a famous brand of pastries—and you get Annabel Sara Lee.

—Shelby Friedman

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LAUREN BACALL: SOME THINGS NEVER CHANGE

Fifty years after teaching Humphrey Bogart how to whistle, the elegant actress with the unforgettable voice is still getting the best lines.

by Janet Kinosian

"I hate all these articles and bios on me. Can't we try and come up with something better?" pleads actress Lauren Bacall in that famous low, throaty, sexy voice. She smiles. "But then I think, 'Hey, who am I kidding?' It's a run of good luck, and I'm thrilled."

The first time the *Post* interviewed Lauren Bacall was to celebrate the opening of her huge Broadway hit, *Cactus Flower*, in 1965. That was 21 years after her auspicious entry at 19 into Hollywood's stratosphere via *To Have And Have Not* and marriage to Humphrey Bogart.

Now, 31 years later, she's celebrating what she calls "her best year yet" as a bona fide movie star: a run of three major films in a row, something that, she says, "has never happened to me, ever."

Slim, regal, and still beautiful at 72, her dry baritone laugh rumples the air of the hotel suite where, dressed in a chic black silk trouser suit, burnished gold rings on nearly every finger, forearms dripping thin gold bracelets, the actress is sipping tea and conducting interviews.

Bacall's newest role is Hannah Morgan in the Barbra Streisand-directed film *The Mirror Has Two Faces*. She plays a lonely, vulnerable woman who lives in the afterglow of her youthful beauty. When told she has the best lines in the film, the actress plays a comic take with a swift show of the

Bacall's transformation from model to movie star came almost overnight after film director Howard Hawks' wife noticed her on this 1943 magazine cover.

Taking direction from perfectionist Barbra Streisand in their recent movie, *The Mirror Has Two Faces*, worked for Bacall, who admits to being "demanding" herself.

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infamous look—chin down, eyes up. "It's my delivery, kid," she purrs.

She'll also costar midwinter in *My Fellow Americans* with Jack Lemmon and in *Le Jour et La Nuit*, a French film shot in Mexico, in March.

Bacall attributes her banner year and a half, not surprising, to old-fashioned hard work, persistence, and good luck.

"I've just always felt the main thing is [to] keep functioning," she says. "Keep working, keep doing something, and keep your name out there in some way—through work, not through publicity—and maybe it goes full circle. Maybe your time comes around again; maybe you don't have to go through another period of down periods—periods, I say plural—before you get another crack at it.

"I hope that's the reason, and I hope it continues."

While Bacall's public presence has waned a bit over the years—her most marketable asset being her voice, most recently heard in commercials for cat food and cruise ships—the interest has heated up once again. No one could be more pleased than Bacall, whose status as a consummate professional, and not just a player, has never dimmed.

This time around, the girl from Brooklyn, whose given name is Betty Joan Perske, worked with a female director—something she'd always longed to do, but never had the chance. "Working with fellow perfectionist and demanding 'high-standard' soulmate Barbra Streisand was terrific," she says. Bacall remembers meeting her future director at the after-show party for *Funny Girl*; the air was buzzing and Streisand walked in. "Of course, it was an event. And I told her: 'I ought to smack you, you were so good.' And she says: 'That's good, isn't it?' In control, even then.

"For my dough, I've always cared about quality," says Bacall. This was evident even in the years when she was under contract to Warner Bros. She'd often find herself at loggerheads with crankish Jack Warner, who'd demand that she play in bombs like *Stallion Road* (which former President Ronald Reagan did). She'd refuse and go on suspension.

"Bogie had the record with 11 suspensions; but I eventually beat him by one," she says.

Early roles "pigeonholed" her as the supremely self-confident woman, impervious to life's frailties and somewhat formidable. An impression that, she says, "couldn't be more wrong."

Her first husband, Humphrey Bogart, taught her to accept only the best roles in quality films. The two were married after appearing in the 1944 film *To Have and Have Not.*

"My standards are high in life—which of course restricts me in many areas," she chuckles. "I'm very demanding about my kids, my friends, the work I do. I'm demanding about the people I work with, that work for me. If they don't like it, I can't help it—that's life, that's the way I am. I don't apologize for it. I drive people crazy a lot of the time, there's no question."

But with Streisand, she says, she worked with someone not only "unusually talented" but of quality with compatible high standards. "Damn it, that's worth a lot."

It was during her early years of marriage to Humphrey Bogart, knocking about with Bogie at parties and in nightclubs, that Bacall got a reputation as a tough-talking, wisecracking, cynical lady—an image heightened further by her strong, formidable on-screen persona: "You know how to whistle, don't you?" was the line many young women used to practice.

It's quite obvious, talking with Bacall today, this aura has more to do with a keen, loud, interested—and colorful—mind than anything else. She talks straightforwardly and from the hip. It's hard to imagine Lauren Bacall without the perfect bon mot. But she is equally fun and delightful. One gets the feeling that far from hurting the fly, she'd be the one to cry over it.

She discussed the misconceptions about her—particularly her aura of supreme self-confidence—in her book *Now*, published by Knopf in 1994, stating, "Angst is a natural state for me."

"You see, that idea that I'm always in control simply came out of my first movie," she says. "The minute people see you as something that clicks, you're pigeonholed. I get a lot of mail from people who are very generous in complimenting me as a role model of a strong woman who always speaks her mind, who's impervious to the frailties of life. But they couldn't be more wrong.

"And I think it's the voice," she supposes. "It gives people the

continued on page 82

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READ ALOUD FOR CHILDREN

The Lion, The Witch, and The Wardrobe

BY C.S. LEWIS

Condensed and Adapted by Nancy S. Axelrad

ILLUSTRATED BY VALERI GORBACHEV

Once there were four children, Peter, Susan, Edmund, and Lucy, who were sent from London during the war to live in the country house of an old Professor and his housekeeper, Mrs. Macready. She was not fond of children, and he was a very old man with shaggy white hair, which grew over most of his face as well as on his head.

"This house is so big that no one will mind what we do," said Peter. "Let's explore tomorrow."

Everyone agreed to this, and that was how the adventure began. The first few doors the children tried led to spare bedrooms. Then came a long room full of pictures and a suit of armor; and after that, three steps down and five steps up, a whole series of rooms lined with books, some bigger than a Bible, and lastly, a room that was empty except for one big wardrobe with a mirror in the door.

"Nothing there!" said Peter, and they all trooped out again—except Lucy. She looked inside the wardrobe and saw several fur coats hanging up.

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She got in among them and kept her arms stretched out in front of her so as not to bump into the back of the wardrobe.

This must be enormous! thought Lucy, stepping in further.

She felt something soft and powdery under her feet, and tree branches rubbed against her face. Then she saw a light. In a moment she was standing in the middle of a wood at night with snowflakes falling through the air.

And soon after that, a Faun stepped out from the trees. From the waist up he was like a man, but his legs were shaped like a goat's, and he had a tail neatly caught up over one arm that also held an umbrella.

"Are you a Daughter of Eve—Human?" he asked.

"Of course. My name is Lucy."

"And my name is Tumnus. May I ask, O Lucy, how you came into Narnia?"

"Narnia? What's that?" said Lucy.

"It's where we are," said Mr. Tumnus. "It's all that lies between the lamppost and the great castle of Cair Paravel on the eastern sea. You have come from the wild woods of the west?"

"I—I got in through the wardrobe in the spare room," said Lucy.

"Ah! If only I had worked harder at geography when I was a little Faun," said Mr. Tumnus, "I'd know all about strange countries."

"The wardrobe is not a country. It's only back there where it's summer," said Lucy.

"It has been winter for so long in Narnia," said the Faun sadly. "Daughter of Eve from the far land of Spare Oom, would you have tea with me?"

"I won't be able to stay long," said Lucy.

And so she found herself walking through the wood arm in arm with this strange creature to his cave.

It was such a wonderful tea. The Faun told Lucy about life in the forest, after which he took out a little flute and began to play. It must have been hours later when Lucy shook herself and said, "Oh, Mr. Tumnus, I do love that tune—but really I must go home."

"You can't," said Mr. Tumnus. His brown eyes filled with tears.

"Dear Mr. Tumnus, do tell me what is wrong," said Lucy.

"I have orders from the White Witch to hand over any Human I catch in the wood," he said.

"You won't, will you?" said Lucy.

"Of course, I won't. I can't give you up to the Witch; not now that I know you," said the Faun. "We must go quietly, though. The wood is full of her spies."

They left the tea things on the table, and Mr. Tumnus took Lucy back to the lamppost. She could see the wardrobe door and ran as fast as her legs could carry her back to the empty room.

She tried to explain to the others about the magic wardrobe and the forest inside. "Come see," she said.

Everyone looked in but saw only the coats. Edmund jeered at her and asked if she'd found countries in the other cupboards. Even Lucy herself began to wonder if Narnia had been a dream.

She did not mean to hide in the wardrobe again, but she did want to have another look inside. When Edmund saw her vanish, he jumped in after her and shouted her name. There was no answer, and he noticed that his voice had a kind of open-air sound. He also felt cold. Seeing a light, he went toward it and found himself stepping out of the shadow of some fir trees.

Off in the wood he could hear the sound of bells as reindeer swept into view. The driver, a fat, bearded Dwarf, sat in front of a tall lady covered in white fur up to her throat. She held a golden wand in her right hand and wore a golden crown on her head. Her face was white like snow, except for her very red mouth.

"And what are you?" said the Lady, looking hard at Edmund.

"I'm—my name's Edmund."

"Is that how you address the Queen of Narnia?"

"I—I beg your pardon, your Majesty," said Edmund. He told about his brother and sisters and that one of his sisters had met a Faun.

"I have no children of my own," said the Lady, "and I want a nice boy whom I could bring up as a Prince. You are the cleverest boy I've met. I'll make you the Prince—when you bring the others to me."

"There's nothing special about them," said Edmund.

"It's no good coming without them," said the Queen and signaled the Dwarf to drive on.

Edmund was still staring after the sleigh when he heard Lucy calling to him. "Edmund! You got in, too! I've been having lunch with Mr. Tumnus, and the White Witch has done nothing to him for letting me go."

Upon hearing that the Queen was a

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dangerous witch, Edmund said nothing about his meeting. A few days later, attempting to hide from Mrs. Macready as she showed some visitors around the old house, the four children found themselves bundled together in the wardrobe.

"Look! It's getting lighter over there!" said Susan.

"And look there—and there! This wet stuff is snow. We've gotten into Lucy's forest," said Peter.

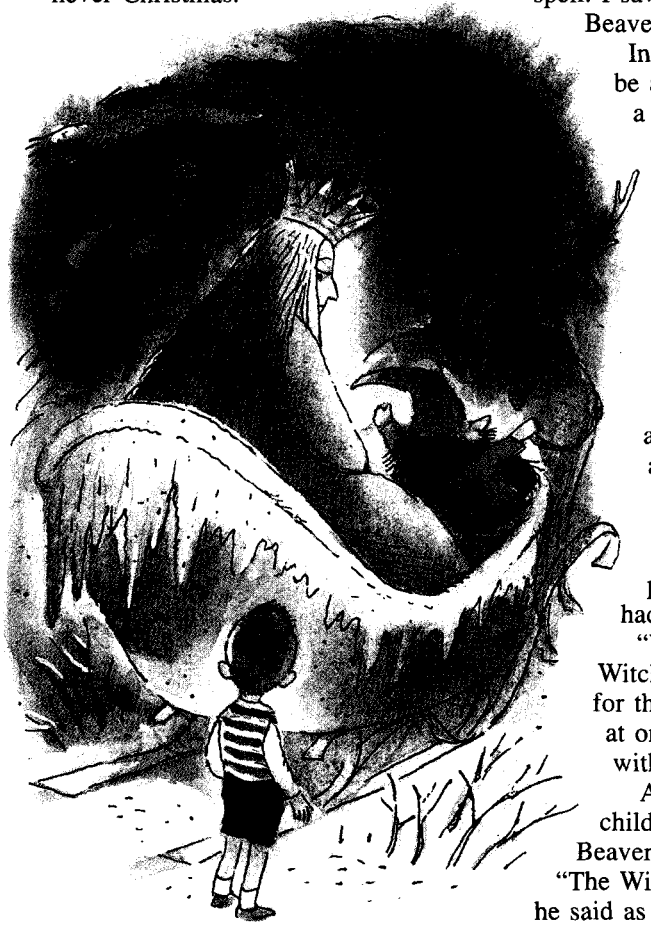
The four stood blinking in the daylight of a winter day. Behind them were coats hanging on pegs, in front of them snow-covered trees.

"Lucy ought to be our leader," said Peter. "Where will you take us, Lu?"

"Let's go see Mr. Tumnus," said Lucy.

Off they went, walking briskly to the Faun's cave where a terrible surprise awaited them. The door was broken, and Mr. Tumnus was gone. A piece of paper was nailed to the floor declaring that the Faun was under arrest for High Treason against the Queen of Narnia.

The children stared at each other as Lucy told about the White Witch. "She isn't a real queen," said Lucy. "She put a spell over the country so that it is always winter here and never Christmas."



As she spoke, a whiskered furry face looked out at them from behind a tree.

"It's a beaver," said Peter. "I saw the tail."

"It wants us to go to it," said Susan.

The Beaver whispered hoarsely, "You are Sons of Adam and Daughters of Eve?"

"Some of them," said Lucy.

"S-s-s-sh!" said Mr. Beaver. "Aslan is coming. He's the King of the wood."

"Who is Aslan? A man?" asked Lucy.

"Certainly not. Aslan is the great Lion. He'll settle the Queen and save Mr. Tumnus. Not that we don't need you, too. She's been on the lookout for Humans. If she knew you were here, your lives wouldn't be worth a shake of my whiskers."

During the moment of silence that followed his remark, Lucy observed that Edmund was gone. "Where is he?" she said.

"Your brother is under the Witch's spell. I saw it in his eyes," said Mr. Beaver. "We must go to Aslan."

In truth, Edmund's desire to be a Prince had started him on a long winding journey to the White Witch's castle. When he reached it, he hurried across the courtyard that was full of statues to a doorway. Beyond stretched a long gloomy hall with only one lamp where the White Witch sat.

"How dare you come alone?" she said. "Where are the others?"

"Please, your Majesty, I've brought them quite close," said Edmund. He proceeded to tell all that he had heard Mr. Beaver say.

"What! Aslan?" cried the Witch. She clapped her hands for the Dwarf to ready the sleigh at once. "Use the harness without bells."

All the while, the rest of the children were following Mr. Beaver to another part of Narnia. "The Witch's power is crumbling," he said as they scrambled up a steep bank and saw a sleigh approaching. On it sat a huge man in a bright red robe with a hood that had fur inside it.

As the children stood watching him, they knew it must be Father Christmas from pictures they had seen of him. He was so big and so real that they became quite still.

"She has kept me out a long time," he said, "but I'm in now. Here are your presents. They're weapons, not toys. The time to use them could be very soon."

To Lucy, he also gave a bottle of medicine. "A few drops can restore you or your friends." He cracked his whip and pulled away. "Long live the true King!"

Edmund, meanwhile, had been having a most disappointing time. The Witch wasn't nice to him at all as they rode the long, cold night. But in the morning, the sky was bluer and the trees were coming alive.

"Your winter has been destroyed!" said the Dwarf. "It's Aslan's doing!"

"If either of you say that name again," said the Witch, "he shall be killed."

By now, the Beaver and the children were climbing a hill to a green open space. In the middle of it was a slab of gray stone supported on four upright stones. It looked old and was cut all over with strange lines

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and figures. Next to the Stone Table was a pavilion with sides of yellow silk and crimson cords; and high above it waved a banner with a red lion. Aslan stood in the center of a crowd of creatures. The children caught a glimpse of his golden mane and great, royal eyes.

Peter drew his sword and raised it to salute. At once, Lucy asked, "Can anything be done to save Edmund?"

"All shall be done," said Aslan.

Edmund was already being bound to a tree, and a knife sharpened when from every direction came shouts—a drumming of hoofs—a beating of wings—then a scream from the Witch. And he was untied. Big, kind voices were saying things like, "Let him lie down—you'll be all right in a minute."

Instantly the Witch turned the Dwarf and herself into a stump and a boulder. When Edmund's rescuers were gone, she sent a message to Aslan. He told the children, "It's settled. She has renounced the claim on Edmund's blood. But we must move from this place. She and her crew will almost certainly prepare for a siege. Peter, you must put your centaurs in such and such a place."

"Won't you be there?" said Peter.

"I can't promise," said the Lion.

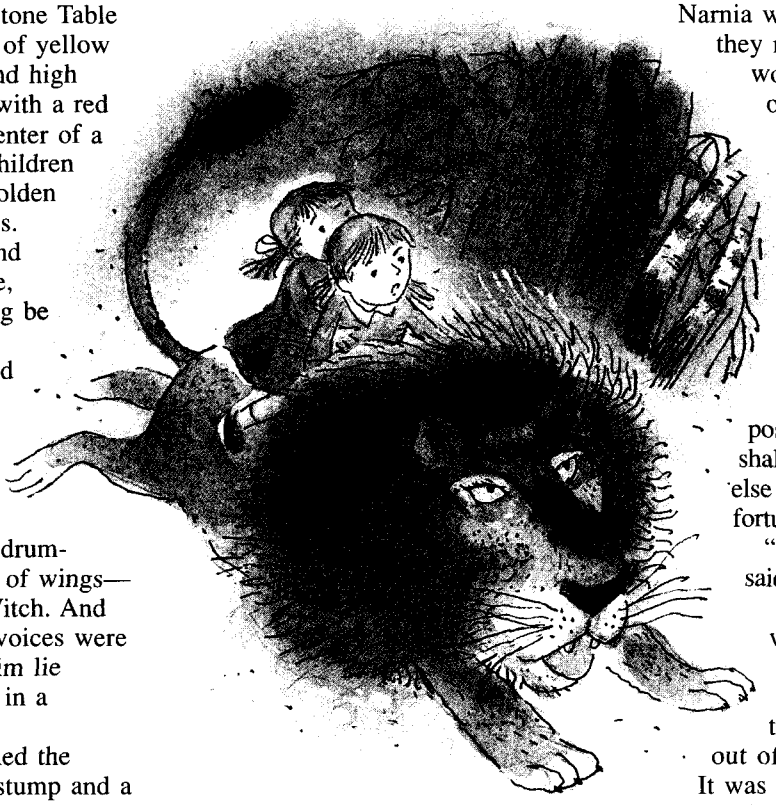
That night, Aslan walked slowly into the wood. Lucy and Susan followed him but only just so far to the Stone Table. From a distance, they watched an ogre shave the Lion's mane. Then a muzzle was put on his face, and he was dragged to the stone slab.

The Witch whetted her knife. "You have given me Narnia forever," she said.

When the dreadful deed was done, Susan and Lucy crept to Aslan and cried. It seemed hours later when the girls began walking back and forth to keep warm. As they looked out at the sea, they heard a loud cracking noise behind them. The Stone Table had broken in two, and shining in the sunrise, shaking his mane (for it had grown again), stood Aslan.

"Oh, Aslan!" cried the children. "Is it magic?"

"Yes! There is a magic deeper than the Witch knows," he said. "We have a long journey ahead. You must ride on me."



Susan sat clutching his mane, and Lucy sat behind holding tightly to Susan as he shot off with a great heave down into the forest toward the Witch's castle.

When they reached it, Aslan jumped over the wall, and the girls tumbled off his back in the middle of the courtyard. Everywhere statues came to life. Those inside the castle, including Mr. Tumnus, surged into the courtyard.

"Our work isn't over yet," said Aslan. "We must find the battle."

It lasted only a few minutes after Aslan flung himself upon the White Witch. The remaining enemy either gave up or fled.

"If it hadn't been for Edmund," Peter said to Aslan, "we'd have been beaten. He broke the Witch's wand."

The children found him lying wounded a little way back from the fighting line. Lucy remembered the precious medicine and poured a few drops into her brother's mouth. Soon he was standing on his feet also and looking better than ever.

That wasn't all. In the Great Hall of Cair Paravel, Aslan led the children onto four thrones amid shouts of, "Long Live King Peter! Long Live Queen Susan! Long Live King Edmund! Long Live Queen Lucy!"

The Kings and Queens governed Narnia well and long, and if ever they remembered their life in this world, it was like a dream. Yet one year, Mr. Tumnus brought news that a White Stag had been sighted. They followed it into a thicket and saw what looked like a pillar of iron with a lantern on top.

"I think we have been here before," said King Edmund.

"I think that if we pass this post," said Queen Lucy, "we shall find strange adventures or else some great change of fortune."

"Then in the name of Aslan," said Queen Susan, "let us go on."

And before they had walked far, they began making their way not through branches but through coats, and tumbled out of the wardrobe door.

It was still the same day and hour when they had gone in to hide. They felt they really must explain everything to the Professor. He didn't tell them not to be silly but believed the whole story.

"You won't get into Narnia again by the wardrobe," he said. "Don't try to get there at all. It'll happen when you're not looking for it." ★

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TO BEARD OR NOT TO BEARD

A serious essay more or less—mostly less—on the possibility of concealing a weak chin beneath an outcropping of whiskers.

by Maynard Good Stoddard

Illustrated by Don Trawin

I have finally figured out why I have been taken advantage of all these years. Especially at home. It's my chin. My chin definitely lacks authority.

Not that I would want one of those Jay Leno jobs, or anything like that. I'm talking about chin enough to allow me at least to hold my own when it comes to human relationships. Especially at home.

I know what you're thinking—and forget it. You're thinking: *Hide your milquetoast physiognomy behind a beard, Stupid!* Well, let me ask you this: Have you ever looked a beard squarely in the face? I didn't think so.

Well, I have. How often I have stood before the bathroom mirror of late stroking my five o'clock shadow (Eastern Standard Time) and contemplated letting my shadow develop into an authoritative display of foliage. But you know me. Except for my marriage, I have never jumped rashly into a lifestyle switcheroo of this magnitude.

The first question, of course, is would my dear wife, Lois, be tickled with a bearded hubby? A poll revealed that if she had her druthers, she'd druther embrace a camel's hair pillow than a face full of whiskers. Thinking she might be alone in her crude comparison, I took time off to dig into the subject.

I now take you to this newspaper account of the celebrated Billings divorce case:

"Abner Billings appeared in divorce court today, charging his wife, Gertrude, keeps attacking his beard with a spray gun.

" 'It's a regular blitzkrieg,' he said. 'She thinks beards are unsanitary and should be sprayed with disinfectant. I could stand it if she were a better shot, but she keeps squirting the stuff in my eyes.'

"Judge Hackerby suggested settling the quarrel by mowing the hay, but Mr. Billings was adamant. 'It took me eight months to grow this beard,' he said. 'If I have to choose between my beard and my wife, I'll take the beard.' "

If you remember your fifth-grade history, it was Alexander the Great who first shot down the beard, ordering his soldiers to knock off with the facial forest to prevent the enemy from using it as a handhold during infighting engagements. If the wives of the bald-faced returning heroes awarded Alex a bronzed olive branch for his decree, we know not. But when it came to infighting, we do know that the shaving of the beard of Louis VII of France actually brought about a war with England that lasted 300 years. Behind it was a woman, of course.

Beards have been causing domestic wars ever since wives discovered that whiskers could be mowed, shaven, or set on fire.

Seems that Louis had got himself hitched to Eleanor of Aquitaine who, going against the flow, objected to a beardless husband. After getting a divorce, she became the wife of Henry II of England. Henry, you may remember, had a beard he could tuck into his belt on windy days. With this authority and her dowry, clean-shaven Louis didn't stand a chance.

Alas, Eleanor of Aquitaine proved to be one of a kind. Beards have been causing domestic wars ever since wives discovered that whiskers could be mowed, shaven, or set on fire. The fashion of a beardless face swung so far, in fact, that as early as the reign of Henry I, Serle, the bishop, would compare bearded men of the Norman English Court with "filthy goats and bristly Saracens." Peter the Great did his bit by levying a tax on all Russian beards (a sirtax, you might say. I certainly wouldn't say it, but you might).

So widely had spread the accursed fad of shaving that Shakespeare, in *Much Ado About Nothing*, had Beatrice get off a couple of lines that could very well have influenced women to this day. "I could not endure a husband with a beard on his face," is what she got off. "I would rather lie in the woolen." Long johns of 100 percent wool, as I interpret it.

There are among the female side of our species a certain number who, either from desperation or nearsightedness, will actually pursue a man flaunting a beard. But by and large women (as well as small women) do not understand a man's mission in letting his whiskers grow rampant.

Mission number one, of course, is to distinguish the he-man from the 40-pound weaklings who get sand kicked in their respective faces. And then there's the pleasure of altering the beard to fit the mood.

As far back as the age of Elizabeth (herself shunning a beard because bearded women, taken for witches, were hanged until quite dead), beards were curled, or clipped into a hundred devices, varying in length from pillowcase rippers to mattress stuffers. The gentlemen would then glamorize their growth by perfuming, starching, dusting with orris powder, or twisting around irons or quills.

With nothing better to do, let's visualize a montage of the most noted of these gentlemen, focusing on their cherished facial adornments.

In the center, King Charles, "the

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points of his mustache sweeping upward and his chin beard resembling a downward flame." To his right, Edward II, sporting a beard curled in three ringlets, which not only conceals his chin nicely but could very well have been the inspiration for today's overload spring.

Next to Edward II we see Edward III, naturally, his long, forked beard described as "flowing down his breast in patriarchal style." Richard II, sitting to the right of Eddy 3, is looking enviously at the Edward boys' flowing muffs, as his face shows but a scraggly little tuft on each side of his chin. Not enough to paint a bookend, in other words. To the left of Charles sits Henry VIII, his beard knotted six ways for Sunday, raising the assumption he has been called to the group photo directly from the quarters of the maids-in-waiting.

With no more than this lineup to serve as a precedent for our forefathers, it does seem that our foremothers could have been a tad more tolerant of hubby's "Piccadilly Weeper" (mustache with long and drooping whiskers) and the less imaginative "Crumb Catcher" (a square, chin beard, made popular by no less a personage than Jefferson Davis).

Getting back to the nitty-gritty (or hairy-kari), wives remain totally ignorant of the practical value of a beard. Besides using the old excuse that a beard lent authority to a weak chin, a chap named Hadrian grew one to cover his warts. My own grandfather Fred, whose beard had been trimmed but once in his lifetime—the morning he got it confused with his Shredded Wheat—confessed that after the plumage reached the top of his vest, he had never worn a necktie.

More practical yet, physicians tell us that by growing our own mufflers, we are less likely to suffer throat diseases—certainly something worth sticking on the refrigerator door.

Before closing, a word or two to the single girl on the prowl. If a man's beard is dark, dry, hard, and thin, he is likely to be irritable. A man of mild disposition will flourish a light-colored beard, thick and slightly curled. If he has been eating wholesome, nourishing, and digestible food, his beard will also have a softness a prowler can't resist burying her face in.

Though my own dear wife is no longer on the prowl—I'm only guessing, of course—my beard might be colored to the point of gray, as soft as the underside of soap, and yet never get off the ground, so to speak. I can already hear her greeting on the second morning of its inauguration:

"Did you forget to wash your face, for heaven's sake?"

"Of course I washed my face."

"Well, you'd better wash it again; you've left a smudge. And this time try Lava soap."

But let's say, just for the heck of it, that I risk my well-being by doing what other cowards do—in other words, go to Alaska under the pretense of a salmon fishing trip. And let's say I return two weeks later with my face in full bloom, my weak chin nicely concealed beneath a healthy growth of soft, light-colored whiskers that any single girl would give her eyeteeth to bury her face in. So what happens?

You talk about infighting engagements. You talk about the wisdom of Alex the Great. You talk about cowards. Before dear wife could get a handhold on my two-week effort to assume authority, I'd clip the thing down to at least a smudge.

I am now considering a tattoo. But on the chin? I don't know. One thing in its favor—she'd have a hard time getting a grip on it.

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HIGH BLOOD PRESSURE—

Why do we have it? . . . and what are we doing about it?

Smoking, obesity, and teen pregnancy play an unseen role in perpetuating our national high-blood-pressure epidemic.

by Norman M. Kaplan, M.D.

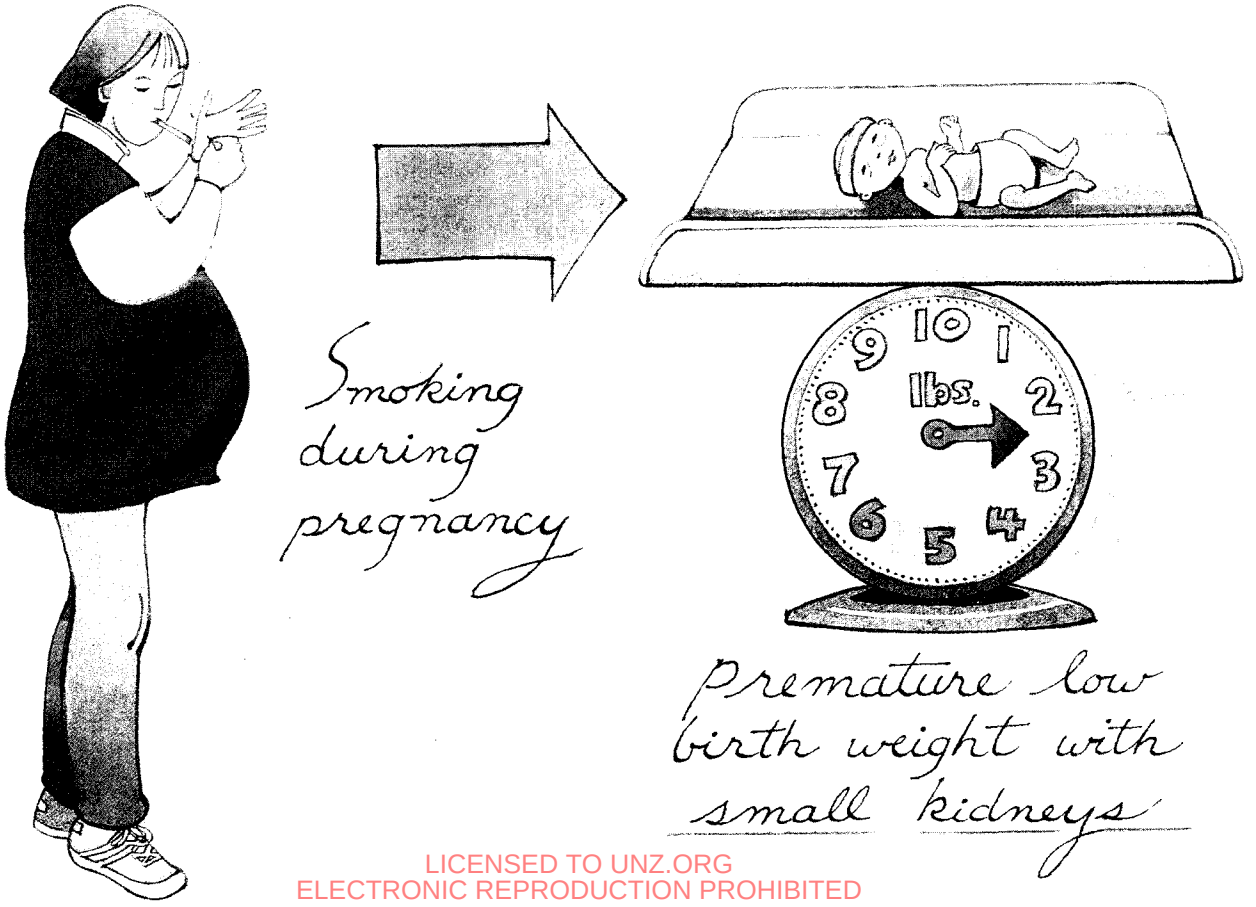
Illustration by Len Ebert

The most common reason adult Americans go to a doctor is for the treatment of high blood pressure (hypertension). As common as it is today, the need for treating hypertension will grow even more. As people grow older, the percentage who develop hypertension rises above 50 percent, and we now have definite evidence that treating hypertension in people over age 65 protects against strokes, dementia, heart attacks, and heart failure. More and more people, therefore, will need to be treated to protect themselves against the major infirmities of older age, not so much to extend their number of years but more to preserve their ability to think clearly, move about, and enjoy these years.

Despite the known benefits of treatment and the major increase in Americans who are aware of their hypertension and are being treated, the percentage of Americans with hypertension whose blood pressure is under good control remains below 25 percent. Thus, in the most expensive (though certainly not the best organized or accessible) healthcare system in the world, fewer than one in four Americans is being adequately protected against the ravages of uncontrolled hypertension. Why are we doing so poorly when the ability to diagnose and treat hypertension has become increasingly available and effective?

The Unresolved Problems

Hypertension, though relatively easy to diagnose and bring down, is exceedingly difficult for many people to keep under control. The problem is inherent to the disease—a condition that appears in the prime of life, but which causes no symptoms or disabilities until 15 or 20 years later. Young and middle-aged people often won't make the necessary changes in lifestyle or take the sometimes expensive and bothersome pills for many years without witnessing any obvious, immediate benefit for the hope of some far distant protection. Thus, the name "the



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silent killer" correctly characterizes the problem. I've often thought that it would be far better if uncontrolled hypertension hurt just a bit, so that patients would be constantly reminded and encouraged to do what was needed to keep their pressures down. It's far easier to keep arthritic patients on their therapy since, if they don't take their pills, their joints immediately become painful.

The Potential Solutions

A cure for hypertension is extremely unlikely. The process arises from the interaction of multiple environmental factors—including excess sodium intake, increasing obesity, and psychological stress—that work on a hereditary background involving a multiplicity of gene defects. No single abnormal gene that can be altered will be found to prevent hypertension. We are gradually reducing the amount of sodium (mostly in the form of sodium chloride or table salt) in the diet, largely because of federally mandated food labels that allow us to avoid the hidden salt mines in processed canned foods such as tomato juice and chicken noodle soup. Even so, most of us are eating more than the amount of salt needed to bring out hypertension, if the hereditary background is present.

As is true for all biological variables such as intelligence and height, people differ in their responsiveness to salt, some being very sensitive, others being very insensitive, most being in-between. It's really not worth the trouble of testing how sensitive you are: If you cut your sodium intake significantly, say from the average four grams (three teaspoonfuls) a day to half that amount, and nothing happens over a six-week period, you can assume you are relatively salt insensitive. But because there's little, if any, discomfort and absolutely no danger from cutting down on salt to this degree, because many people quickly learn to prefer the taste of foods with less salt, and because you cannot be sure that you won't eventually be in the half of people who develop hypertension, I think everyone should reduce excessive sodium intake to about half.

Obesity is steadily growing as Americans increasingly become couch potatoes—if not watching TV, then playing computer games. The percentage of obese Americans is approaching half the adult population, despite our spending more than $40 billion a year on health spas, workout gyms, appetite suppressants, and assorted gimmicks.

As to psychological stress, despite our country's affluence, we are increasingly disturbed by a whole array of stresses that differ for each of us,

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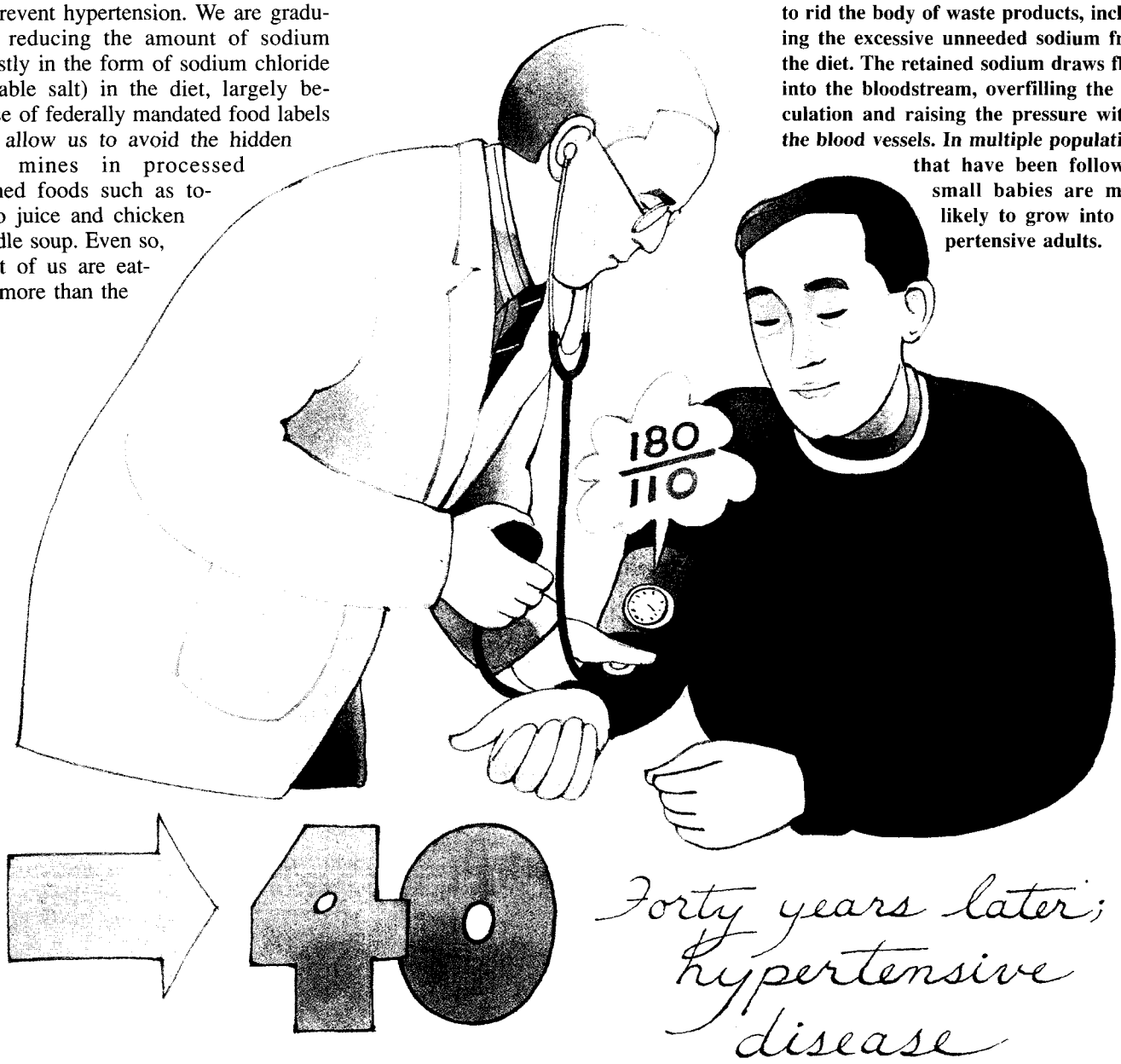
Smoking teenagers produce premature infants with small kidneys. As the body matures, these small kidneys are unable to rid the body of waste products, including the excessive unneeded sodium from the diet. The retained sodium draws fluid into the bloodstream, overfilling the circulation and raising the pressure within the blood vessels. In multiple populations that have been followed, small babies are more likely to grow into hypertensive adults.



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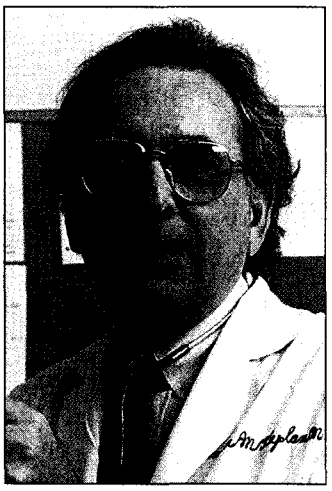
and our ability to deal with them seems to be diminishing.

All in all, this is not a very heartening scenario. However, a new environmental factor has been recognized that could be altered and, thereby, might reduce the burden of hypertension for those most vulnerable—the economically disadvantaged. The poor—particularly Southern African-Americans—have the highest rate of hypertension and suffer the greatest toll of strokes and kidney failure as a consequence. The babies born to the poor are much more likely to be small for their age. Experts now associate the condition of "intrauterine growth retardation" with inadequate development of the kidneys. As the body matures, these small kidneys are unable to rid the body of waste products, including the excessive unneeded sodium from the diet. The retained sodium draws fluid into the bloodstream, overfilling the circulation and raising the pressure within the blood vessels.



Dr. Norman Kaplan, professor of internal medicine at the Southwestern Medical Center in Dallas, is regarded as one of the world's foremost authorities on hypertension.

In multiple populations that have been followed, small babies are more likely to grow into hypertensive adults. This provides an obvious opportunity to prevent hypertension: prevent intrauterine growth retardation.

Dealing with What's Here

Lacking prevention, treatment can protect against much of the damage produced by hypertension. However, as we've seen, only 10 to 15 million of the 50 million Americans with hypertension are being adequately protected. What can be done?

First, various changes in lifestyle (see sidebar at right) can make a major impact, not only in lowering blood pressure but also in reducing the risks to the cardiovascular system from smoking, high cholesterol, obesity, and physical inactivity. Nothing works as well to get a smoker to quit than surviving a heart attack. Unfortunately, a large number don't survive the heart attack. Fortunately, many more adults are breaking this most pernicious habit before their heart attack (or cancer, the second most common cause of premature death for the 450,000 Americans who are killed by cigarettes each year). It is hoped children can be kept away from the addiction, but that will take far more than the hypocritical promotions of tobacco companies who for more than 50 years have targeted children to replace the 450,000 smokers who die each year.

Losing only a few pounds or cutting back a bit on sodium intake can produce a measurable improvement in blood pressure. Therefore, despite the difficulty most have in achieving major weight loss or a moderate sodium intake, all should be encouraged to keep up the effort. In particular, a moderately restricted sodium intake is fairly easy to accomplish just by avoiding any processed food that contains more than 300 mg in a portion and by not adding salt to natural foods (all of which are low in sodium).

Regular aerobic exercise is essential for weight loss and, by itself, will lower an elevated blood pressure. A 45-minute, fairly strenuous workout three times a week will lower blood pressure; more exercise will help lose more weight.

Alcohol is a two-edged sword. In excess—as contained in more than three usual portions a day of whiskey, wine, or beer—alcohol raises the blood pressure and may open the door to all the other terrible consequences of alcohol abuse. In moderation—no more than one portion a day for women or two portions a day for men—alcohol will protect the coronary arteries from the buildup of atherosclerotic plaque, the rust in the pipes that leads to heart attacks. It likely doesn't matter what form the alcohol is in. Red-wine drinkers often think they are specially protected, but that's probably because they have a healthier lifestyle beyond the wine than those who prefer whiskey or beer.

Getting into the Drugs

Despite their best efforts to improve lifestyles, most hypertensives will eventually need antihypertensive drugs. Pharmaceutical companies have responded to the obvious need with a large group of effective drugs with far fewer side effects than those found in the earlier agents. Although the old standbys, diuretics and beta blockers, are less used than before, they have been widely recommended as the preferred initial treatment because they are the only types of antihypertensive drugs that have been put to the test of large clinical trials and, thereby, have been shown to decrease hypertension-related death and disability.

The newer classes—alpha blockers, angiotensin receptor blockers, ACE inhibitors, and calcium channel blockers—have been growing in use, the latter two classes now the most popular in the United States and much of the remaining world. They are being chosen for multiple reasons. For instance, physicians prefer to use the newest therapies to be on the cutting edge of medical science. Also, these drugs have special uses beyond their antihypertensive effect. Examples include the ability of alpha blockers to relieve symptoms of an enlarged prostate, ACE inhibitors to overcome heart failure, and calcium channel blockers to treat angina. Beyond these advantages, newer drugs still under patent protection (and therefore most expensive) are heavily promoted by their manufacturers.

Lifestyle Modifications for Treatment of Hypertension

Stop smoking.

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Lose weight, particularly upper body (midsection) obesity.

≈

Reduce sodium intake to 2,400 mg of sodium or about one teaspoon of table salt a day.

≈

Moderate alcohol intake to no more than two portions per day.

≈

Exercise regularly.

≈

Increase potassium intake from fresh fruits and vegetables—5 or 6 portions daily.

≈

Maintain adequate calcium and magnesium intake—2 or 3 daily portions of milk and cheese.

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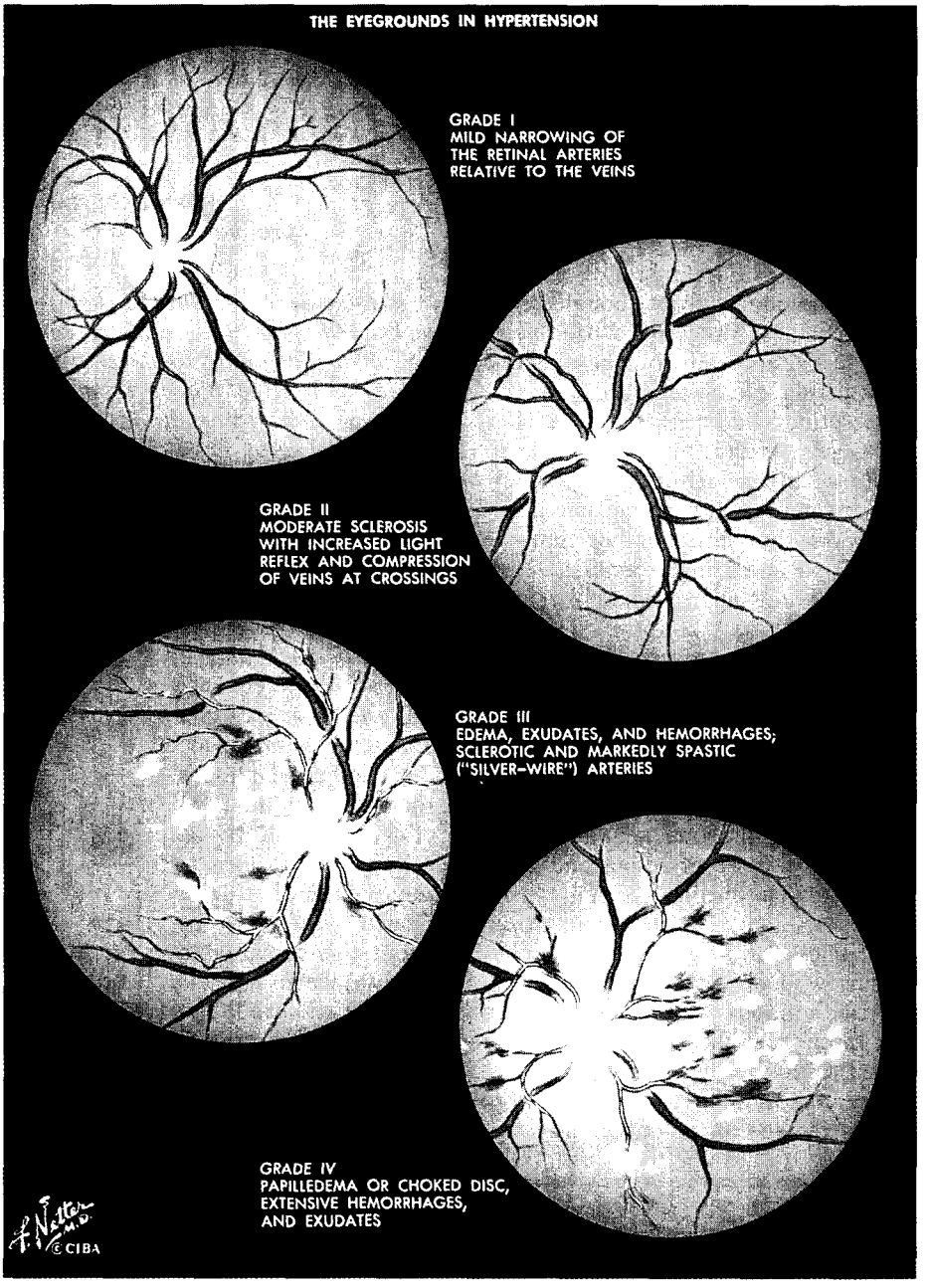
Most physicians choose among the various therapies in an individualized manner, picking the drug that fits each patient's particular needs. For at least half, that could be a fairly inexpensive, generic diuretic or beta blocker. For the rest, a more expensive choice may end up costing much less than may appear from the cost of the prescription. This is because it will manage more than one problem with fewer side effects, enabling the patient to stay on treatment and thus avoid a much more costly heart attack or stroke.

The Scare About Calcium Channel Blockers

The family of calcium channel blockers has been the single most popular group of drugs for the treatment of hypertension for the past three years. But a wave of concern and anxiety about their safety arose in March 1995 when newspaper headlines throughout the world claimed these drugs could cause heart attacks. Since then further claims—all coming from the same group of epidemiologists—have accused calcium channel blockers of causing intestinal bleeding, cancer, and death in older patients.

The first claim about heart attacks was based on the finding that, among a group of hypertensives in Seattle who had heart attacks, the use of calcium blockers was 60 percent more common than among a group of hypertensives who had not had heart attacks. The calcium blockers being used were all of the short-acting variety that had to be taken three times a day and were only approved for the treatment of angina. The patients given these calcium blockers had many more risk factors, including angina, a definite warning of an impending heart attack.

As good as calcium blockers might be, they surely cannot prevent all heart attacks. The same situation later appeared with beta blockers, a group of drugs unequivocally proven to reduce the likelihood of sudden cardiac death and widely used for this purpose. Another uncontrolled study similar to the Seattle calcium blocker study reported that the use of beta blockers was more common among people who experienced sudden death than among those who had not died. The beta blockers had been given to patients at high risk for sudden death, and they likely protected some of them. But because no drug is ever totally effective in all situations, patients who took beta blockers still had more sudden deaths.



The eyegrounds are the only part of the body where arterioles may be seen. Physicians can detect the damaging effects of hypertension in the back of the eye with an ophthalmoscope long before the patient experiences symptoms. With proper treatment for hypertension, severe changes in the blood vessels may be reversed.

The latter claims that use of calcium blockers increased intestinal bleeding, cancer, and death all came from another uncontrolled study of about 700 older people in three U.S. cities. There is no certainty the patients actually *took* the calcium blockers, only that they had a prescription for one of them *four years before the observations were made*. In addition, the patients given these short-acting calcium blockers were almost certainly sicker in various ways so that they were more likely to die. If they stayed alive, they were more frequently seen by physicians and, therefore, more likely to be diagnosed with intestinal bleeding or cancer. Therefore, I do not believe any of the claims of danger from short-acting calcium channel blockers are valid. Moreover, whatever possible problems they produce are not shared by the long-acting agents used for the treatment of high blood pressure.

The Need for Certainty

None of the newer drugs—alpha blockers, angiotensin receptor blockers,

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ACE inhibitors, or calcium blockers—have been put through the large clinical trials previously done on diuretics and beta blockers. Such trials are now in progress, and results will begin to appear in a year or so. If the newer drugs turn out to be less effective in reducing death and disability than the older ones, we will have to reevaluate their places in treatment. For now, physicians and patients should recognize that these drugs have been carefully tested and shown to be effective in lowering blood pressure and safe from serious side effects over at least a two-year interval.

More information certainly is needed, and it will soon become available. We should remember that the U.S. Food and Drug Administration's rules for drug approval are the most stringent of any country's. If they were not, the drug thalidomide would have been given to mothers in the United States as it was in Europe, resulting in the birth of thousands of deformed babies.

We are fortunate that the drugs now available for the treatment of hypertension are more effective and safer than ever. The medical scientists who discover them, the pharmaceutical companies that develop them, the physicians who prescribe them now provide the millions of hypertensives here and throughout the world the tools to stop the ravages of uncontrolled hypertension. It's up to the patient to take advantage of the opportunity.

Major Classes of Antihypertensive Drugs

Diuretics: chlorthalidone, hydrochlorothiazide, indapamide, metolazone

Beta blockers: atenolol, bisoprolol, metoprolol, propranolol

Alpha blockers: Cardura, terazosin

ACE inhibitors: benazepril, lisinopril, monopril, quinapril, ramipril, trandolapril

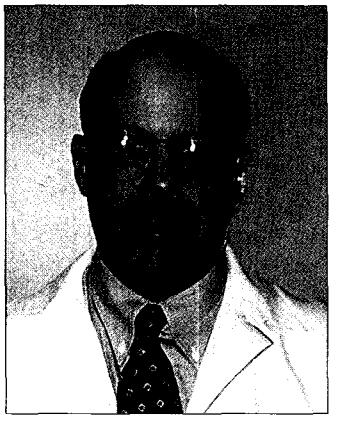
Angiotensin receptor blockers: losartan

Calcium channel blockers: amlodipine, diltiazem, felodipine, nifedipine, verapamil

DR. MYRON WEINBERGER: STALKING THE SILENT KILLER

Researchers uncover new clues to old problems by taking a global view of hypertension.

The incidence of strokes, heart attacks, and kidney failure is decreasing as doctors continue to develop more sophisticated techniques to monitor, measure, and treat blood pressure problems. For an update on the ongoing battle against hypertension, we spoke with Dr. Myron Weinberger, director of the Hypertension Research Center at the Indiana University School of Medicine.



Dr. Myron Weinberger, recipient of the prestigious Tigerstedt Award from the American Society of Hypertension, continues his research on the link between salt and hypertension.

***Post*:** First, let's talk about the good news: the number of strokes in the U.S. has declined dramatically as a result of hypertensive medications. Could you tell us about this remarkable achievement?

MW: There's no question that cardiovascular events, known to be caused by high blood pressure, have dramatically decreased since we began a very active program to identify people with high blood pressure and to treat them effectively. The most impressive reduction has been in the number of strokes, which has declined greatly over the past 20 to 30 years. There are also satisfying, but less dramatic, reductions in heart attacks, heart failure, and kidney failure—diseases that in many cases are directly linked to elevated blood pressure.

***Post*:** Why do people from less developed countries often acquire high blood pressure only after they move to more industrialized societies?

MW: In primitive societies, the frequency of high blood pressure is quite low. These individuals tend not to have the kinds of problems that industrialized societies have with cardiovascular disease, even though they have many health problems of their own. When people migrate from rural to more urban environments, however, their blood pressure goes up, and they begin to acquire many of the health consequences of high blood pressure. We can't be absolutely certain what this is due to, but we do know that the lifestyle of the more primitive rural dweller is usually characterized by low salt intake, high potassium and calcium intake, and a more physically active lifestyle that is linked to a trimmer physique and a decreased likelihood of developing maladies that obesity and sedentary living tend to cause.

***Post*:** Could you give us an example?

MW: China is a country where a strong relationship has been shown between salt intake and blood pressure. Areas of China where salt intake is low and, interestingly enough, calcium and potassium intake are much higher have very little high blood pressure and fewer strokes. In other areas of China where salt intake is much higher, the incidence of hypertension is a more common problem.

It's much easier to see this relationship in Japan. There is an area in northern Japan where the average salt intake before 1970 was the highest in the world—over 20 grams of salt a day for the average person. The Japanese government mounted an educational campaign in the early 1970s to educate people, particularly in this area, about the need to reduce their salt intake. They were able to achieve a 15 percent reduction in sodium intake. The prevalence of both hypertension and stroke decreased dramatically. It appears that there's a connection. One of the questions we have to ask is why the northern Japanese may be different from the southern Japanese. The answer to that question is complex.

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First, the northern Japanese, who prior to 1970 had a higher salt intake, also ate a diet that contained much less calcium and potassium, once again emphasizing the interplay of these components. And the genetic background of the northern Japanese may be a little different than their southern compatriots. So there are many factors that may be involved.

The Calcium Connection

***Post*:** What is the link between dietary calcium and blood pressure that you mention, and why is calcium so important?

MW: We know that in individuals whose calcium intake is low for whatever reason—personal preference, inaccessibility of calcium-rich foods, intolerance of those foods—there's a higher likelihood of high blood pressure. We also know that if we give calcium supplementation, we may in fact see a reduction in elevated blood pressure. In a study conducted here at the Indiana University School of Medicine, we recently learned that calcium supplementation is most likely to decrease blood pressure in those who are salt sensitive, so there seems to be a connection between sodium and calcium in terms of how they influence blood pressure. And there is exciting new research going on to find out why this may be so.

We know that in individuals whose calcium intake is low for whatever reason—personal preference, inaccessibility of calcium-rich foods, intolerance of those foods—there's a higher likelihood of high blood pressure.

***Post*:** What about someone prone to developing kidney stones? Is giving that patient additional calcium a problem?

MW: Yes, the ingestion of excessive amounts of calcium can predispose someone to the formation of kidney stones. For that reason, people with a history of kidney stones need to be careful about how much extra calcium and vitamin D (which increases the absorption of calcium) they take.

Salt Sensitivity and Hypertension

***Post*:** In the book *Shake the Habit*, you address the problem of salt consumption and its effect on blood pressure, especially for hypertensives who are salt sensitive. How can you tell if you are one of those people?

MW: Your doctor can tell if you are salt sensitive by observing how your blood pressure responds to a diuretic, which works by taking out the excess salt and water from the body. If after a period of 10 to 14 days on a modest dose of a diuretic you have not demonstrated any significant change in blood pressure, you probably aren't salt sensitive. We have found there are some genetic factors that influence or determine salt sensitivity. Perhaps it will someday be possible to separate the salt-sensitive from the salt-resistant with a simple blood test that measures specific genes. At present, we know that about 50 percent of those with high blood pressure are salt sensitive. For these people, lowering the salt intake, even to a modest degree, will help lower their blood pressure. While it may not bring blood pressure to completely normal, along with medications, it will help to control it.

We also know that a third of people with high blood pressure are what we call salt resistant. Lowering the salt intake is not beneficial for them. This has been a very controversial area in medicine. Some people feel that because some studies show only a very small effect of reducing salt intake overall that salt is not important. But we now know that if you take an equal number of people who are salt sensitive and salt resistant and put them all together, not knowing who is who, and then lower the salt intake in all of them, some will have a rise in blood pressure and some will have a decline.

***Post*:** What can a person who has hypertension and is salt sensitive do to reduce his salt intake?

MW: As mentioned in our book, there are some tricks that can be used to reduce the salt intake. Only about 10 to 20 percent of salt intake in a normal diet comes from the salt shaker. Most is already present in the food or is added in its preparation. An important first step is choosing foods lower in salt content. Read package labels in the grocery stores, because food companies are required to state salt content. There are various prepared foods, available at grocery stores, which have been modified to reduce their salt content. Also, new salt substitutes will soon be available on the market, which should help.

The Sodium Content of Some Common Foods*

- **Tomato ketchup** (one tablespoon) 156 mg
- **Tomato juice** (6 ounces) 640 mg
- **Cinnamon roll** (one) 650 mg
- **Cream of mushroom soup** (one cup) 870 mg
- **Green beans,** (½ cup, canned, French style) 313 mg
- **Chicken noodle soup** (one cup) 1,050 mg
- **Bacon** (3 ounces) 1,400 mg
- **Dill pickle** (one large) 1,930 mg

**The total recommended daily intake of sodium is 2,400 mg.*

The Role of Adrenalin

***Post*:** We've all heard about early-morning heart attack caused by the adrenalin surge that occurs when people are waking up. Can antihypertensive medications help counteract this surge?

MW: Blood pressure medication comes in many different forms. The reason we have so many—over 100 variations approved in the U.S.—is that these drugs work in many different ways. Some can interfere with the response of the body to adrenalin—a very powerful substance that helps us deal with emotional upset, physical demands such as running or fighting, and what have you.

Athletic performance involves an increased effort and increased cardiovascular performance, which is provided by increased levels of adrenalin. While adrenalin can be good when you're running a race, it may also be harmful

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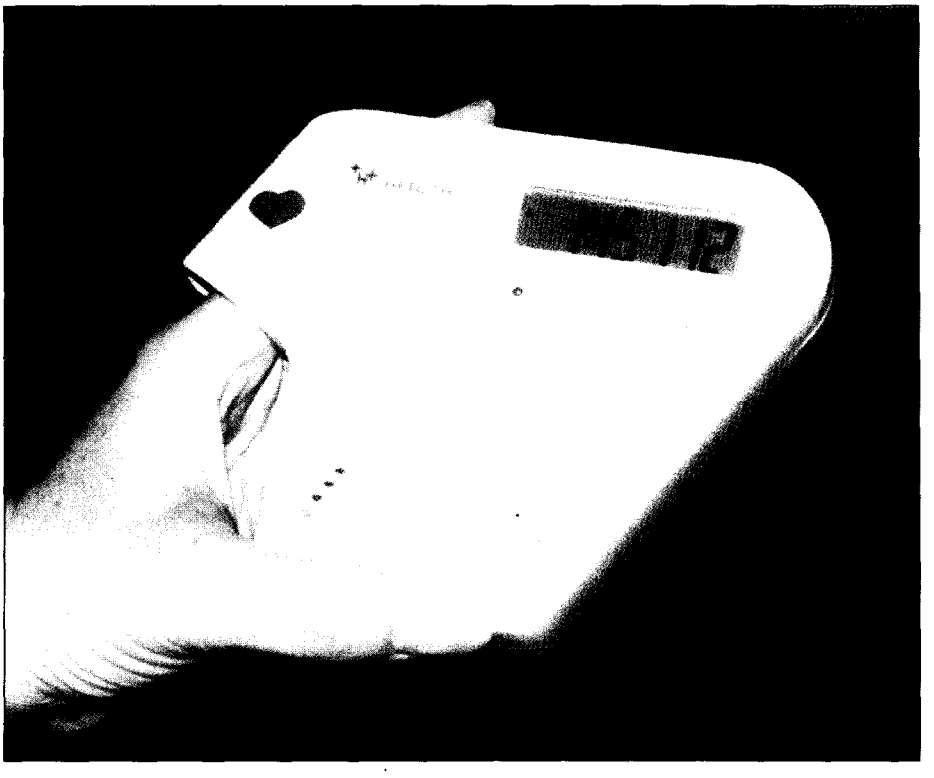
if you have a tendency to high blood pressure because it may make the blood pressure go up much higher or put demands on the heart that it cannot meet. We know that adrenalin is one of the many substances that influence blood pressure and heart disease. As we study human physiology, we find that adrenalin levels in the body change from minute to minute, not only from the demands of exercise, emotion, and so forth, but in a pattern that changes throughout the day. When you are sound asleep and do not need to have your heart beating fast and your blood pressure racing up, adrenalin levels are very low. But early in the morning, even before you awaken, the body senses that you need to begin activating these systems, so adrenalin levels increase. We think that's why it's been observed recently that heart attacks, as well as angina attacks and strokes, are more likely to occur early in the morning, between 6:00 and 10:00 a.m., than in any other four-hour period of the day.

There are several drug-treatment approaches one could use to reduce the risk of one of these early-morning events occurring. One would be to give a drug that prevents the body from producing or releasing adrenalin. That may defeat the purpose, however, because when you really need the adrenalin, it's not there. Moreover, these drugs tend to have more side effects than some others. You could also give a drug that blocks the effects of adrenalin while not preventing adrenalin from being produced.

Since adrenalin has effects in many parts of the body, you have to select the kind of effect you want to block. If you want to block the effect on the blood vessel, you will want to use one kind of medicine. If you want to block the effects of adrenalin on the heart, a different kind of medicine would be required. Another important treatment strategy is to control the early-morning rise in blood pressure by using medicines that are working at that time.

***Post*:** What about aspirin to prevent strokes? Do you recommend aspirin, and how much?

MW: Aspirin has been shown to be very effective in reducing stroke and heart attacks, too. For the average person, I recommend one baby aspirin a day, unless there is some reason not to take it. For example, if people have a bleeding tendency, if they are allergic to aspirin, or if they have stomach problems, then aspirin may cause problems.



Easy-to-use home blood pressure monitors, such as this one from Healthteam, help keep track of blood-pressure readings away from the doctor's office. Properly calibrated home monitors can provide important information about one's blood pressure: always keep the monitor's batteries fresh for most accurate readings.

Blood Pressure Medications

***Post*:** Could you explain how some of the different types of blood pressure medications work? Diuretics, for example.

MW: Diuretics were one of the first drugs used for the treatment of high blood pressure. Diuretics work primarily by enabling the body to get rid of excess salt and water. They have additional effects, some of which are beneficial and others harmful. For that reason, we tend to use lower doses of diuretics today than we did 20 or 30 years ago. Diuretics can cause a loss of potassium; they can raise the uric acid level and cause gout in people who are susceptible to that problem; they can make the blood sugar more difficult to control; and they can even influence cholesterol.

We also know that if you combine diuretics with another kind of blood pressure medicine, you're likely to get a better effect than if you just concentrate on a much higher dose of just one drug.

***Post*:** What are "beta blockers" and "alpha blockers," and how do these drugs work?

MW: Beta blockers are another class of drugs used in the treatment of high blood pressure for 20 years or more. They work by blocking the heart's response to adrenalin. The beta blockers also can reduce the amount of work the heart does. In some ways that's beneficial, but other side effects are related to reduced activity of the heart at times when one is exercising.

Alpha blockers, a third class of antihypertensive drugs, tend to work by blocking the effect of adrenalin on the blood vessels themselves with less effects directly on the heart.

***Post*:** Calcium channel blockers were recently the focus of attention in the *American Journal of Hypertension*. Could you explain these drugs and the results of the studies?

MW: Many people connect calcium in the diet with calcium channel blockers, but they are really separate issues. Calcium channel blockers are actually drugs primarily used to relax blood vessels. We know that in people with high blood pressure, there is often, but not always, a constriction or narrowing of the blood vessels. By relaxing the blood vessels, calcium channel blockers open them and lower the pressure. There has been some

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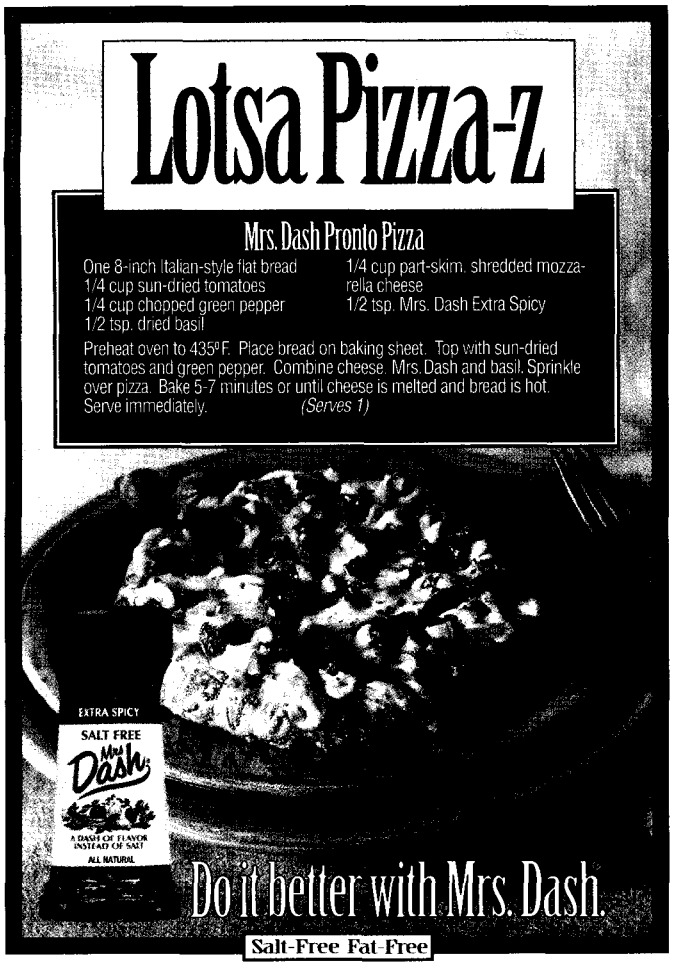
Lotsa Pizza-z
Mrs. Dash Pronto Pizza
One 8-inch Italian-style flat bread
1/4 cup sun-dried tomatoes
1/4 cup chopped green pepper
1/2 tsp. dried basil
1/4 cup part-skim, shredded mozzarella cheese
1/2 tsp. Mrs. Dash Extra Spicy
Preheat oven to 435°F. Place bread on baking sheet. Top with sun-dried tomatoes and green pepper. Combine cheese, Mrs. Dash and basil. Sprinkle over pizza. Bake 5-7 minutes or until cheese is melted and bread is hot. Serve immediately. (Serves 1)
EXTRA SPICY
SALT FREE
Mrs. Dash
A DASH OF FLAVOR INSTEAD OF SALT
ALL NATURAL
Do it better with Mrs. Dash.
Salt-Free Fat-Free

The Big Chili
Mrs. Dash Vegetarian Chili
1 (15oz.) can chili tomatoes
1 (15½ oz.) can red kidney beans, undrained
2 Tbsp. Mrs. Dash Garlic & Herb
1 Tbsp. sugar
1 tsp. cumin
Grated cheese (optional)
Chopped onion (optional)
In medium saucepan, combine all ingredients. Simmer over medium heat for 5-10 minutes. Garnish with grated cheese and onions if desired. (Serves 4)
SALT-FREE
Mrs. Dash
Do it better with Mrs. Dash.
Salt-Free Fat-Free

concern, however, over the past year or so about the possibility that some calcium channel blockers can have an adverse effect. The possibility was raised that calcium channel blockers could be linked to heart attacks. More recently, calcium channel blockers have been reported to cause bleeding from the gastrointestinal tract, particularly in people who are taking aspirin, and they also have been associated with some forms of cancer. These findings are not definitive because they are the result of a "look backward" rather than the result of studies designed to answer the question. I should also point out that they are observations made from studies using very short-acting calcium channel blockers—drugs which have not been approved for the treatment of high blood pressure and which we do not believe should be used for that purpose. There's no evidence at present to link the use of the long-acting calcium channel blockers to any of these problems.

***Post*:** So the short-acting drugs have not yet been approved by the FDA?

MW: The short-acting calcium channel blockers have been approved for use in other conditions, but not for high blood pressure. Early on, it was recognized that the drugs were very effective in lowering blood pressure, so some physicians began using them for the treatment of high blood pressure. But I think that was premature in most cases. Only after the longer-acting products were developed and found to be safe and effective in treating a large number of hypertensive patients did the FDA issue an approval for general treatment with these products.

***Post*:** Could you tell our readers about some of the newer drugs emerging in the treatment of high blood pressure?

MW: Over the past 15 to 20 years, we've seen the development and enthusiastic use of another class of drugs called the angiotensin converting enzyme inhibitors. Some people refer to them as ACE inhibitors. And more recently, there has been the introduction of a similar kind of drug which has fewer side effects, called an angiotensin II receptor blocker. I suspect there will be more coming out on the market, but there's only one currently available. These kinds of drugs have proved to be very useful in the treatment of high blood pressure. They don't always work by themselves to lower blood pressure effectively or sufficiently. Sometimes they have to be combined with a small dose of a diuretic or another drug, but the ACE inhibitors are useful not only in the treatment of high blood pressure but also in the treatment of congestive heart failure. It also appears, based on recent studies, that they may slow the development of kidney disease in diabetic patients.

Monitoring Blood Pressure

***Post*:** Blood pressure readings are so variable. Some patients' blood pressures, for example, automatically increase when they are in a clinic, office, or hospital environment. How can doctors be certain that they are getting an accurate reading? Is it possible that patients may be put on medication before they are actually in need of it?

MW: I think you have touched on

continued on page 84

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The American Illustrators Hall of Fame

HAPPY NEW YEAR... ONCE AGAIN

A toast to the annual celebration and the celebrated artists who have captured the spirit of this American tradition.

by Maynard Good Stoddard

At the stroke of midnight every January 1, people across the country usher in the new year with laughter, ticker tape, and confetti. Over the decades, *Post* cover artists captured these memorable New Year's celebrations that time cannot erase. Scenes that were alive then; scenes we revive today. Scenes that still stir emotions of poignancy, of pleasure, of "been there, done that." Scenes that remind us once more of memorable lines from the pen of Alfred, Lord Tennyson:

Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light:
The year is dying in the night;
Ring out, wild bells, and let him die.

Ring out the old, ring in the new,
Ring, happy bells, across the snow;
The year is going, let him go;
Ring out the false, ring in the true.

Turning the pages of this *Post*, you will once again hear bells ringing and horns blowing; window-peep as the year's final minutes tick away; see a starry-eyed dog survey a buffet table, a wilting wallflower waiting for the happy celebrants to "knock if off," and another poor soul preparing to clean up the playpen of the revelers.

Turn the pages and get closer to the work of artists whose craft has emblazoned their names across the *Post*'s Illustrators Hall of Fame—Norman Rockwell, Dick Sargent, John Falter, and Constantin Alajàlov.

In reviewing these scenes, keep in mind the words of Minnie L. Haskins from *The Desert*:

"And I said to the man at the gate of the year: 'Give me a light that I may tread safely into the unknown.' And he replied, 'Go out into the darkness and put your hand in the hand of God. That shall be to you better than the light and safer than a known way.' "

No, this isn't Little Boy Blue blowing his horn. This is Little Mr. 1937, animated by artist J. C. Leyendecker, doing the blasting, kicking up his plump little heels, ringing the clanging cowbell, and letting the old world know that, for better or for worse, he has arrived. Noting that* The Saturday Evening Post *was at that time available for only a nickel, we can only assume that 1937 was a very good year indeed.

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A princess before the stroke of midnight? Not quite. What we have here is a woman from Gardone, Italy, leaning from a window in a New York skyscraper that exists only on the easel of Constantin Alajàlov. The artist began this painting while on summer vacation on Lago di Ganda in Italy, using a local scrubwoman as his model. Without Big Ben by her side, she too must have wondered about being paid for just sticking her head out the window.

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THE SATURDAY EVENING
POST
JANUARY 3, 1948 15¢

A COMPLETE NOVELETTE

THE RUSSIAN BEAR HUGS GREECE

By Demaree Bess

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Living in a big-city apartment house, one takes part, willingly or otherwise, in New Year's Eve parties—above, below, or across the way. What interested John Falter was the possibility of peeking in on more than one. This party scene is based more or less on Gramercy Park, where the artist occupied a second-floor apartment.

Even Fido can sniff out a good party! But once spotted zeroing in on the goodies prepared for the "other" guests, this partygoer hits the doghouse. The scene confirms Dick Sargent's claim that "my wife is one of the best cooks in these United States." We can only hope that their four-legged guest got a bone.

While ceremoniously emulating the glamorous adults on television, the relaxed teenage babysitter is about to be unhappily toasted by the wide-awake newborn in the adjoining room, who isn't quite so thrilled about all this New Year's Eve rigmarole.

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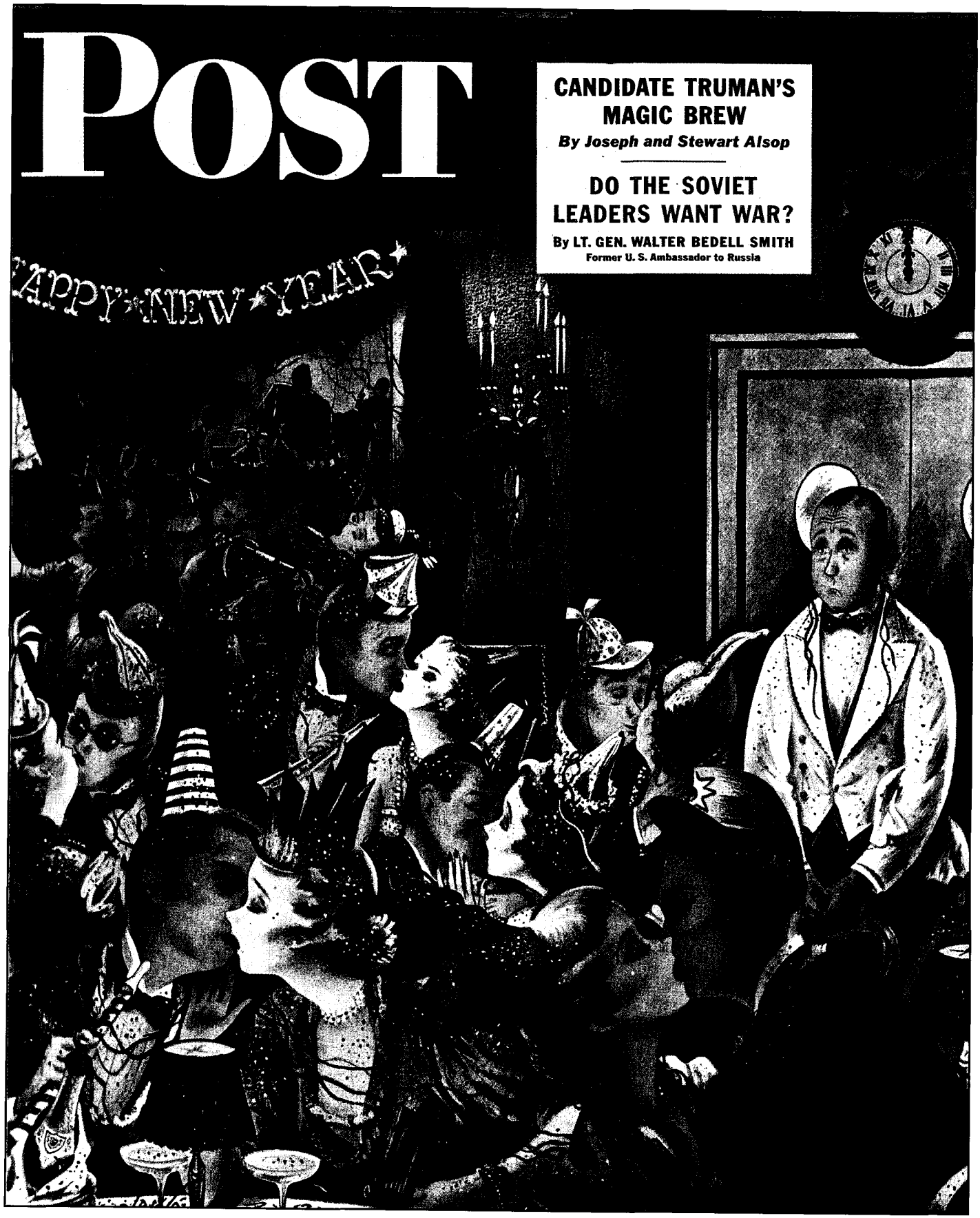
POST
CANDIDATE TRUMAN'S MAGIC BREW
By Joseph and Stewart Alsop
DO THE SOVIET LEADERS WANT WAR?
By LT. GEN. WALTER BEDELL SMITH
Former U. S. Ambassador to Russia
APPY NEW YEAR

Constantin Alajàlov knew well the feelings of the "waiting" waiter. As he was about to begin painting this cover, his friend actor Franchot Tone and 36 other movie people barged in to borrow his studio to shoot a two-minute scene—that required no fewer than nine hours!

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To authenticate the background for this "morning after"
Post *cover, Norman Rockwell journeyed to New York City to do his sketches in the Wedgwood Room of the Waldorf, borrowing the room's top waiter to model. Though the waiter may be taking a dim view of the messy human race, Rockwell enjoyed excellent service from then on.*

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"Sometimes I'd see you in the distance, moving along like a golden chariot."

A FREEZE-OUT

So great was his love that not even her father's scandal could stop him. Yet there was a debt he owed his parents that he couldn't explain.

by F. Scott Fitzgerald

Illustration by Henry Raleigh

Here and there in a sunless corner skulked a little snow under a veil of coal specks, but the men taking down storm windows were laboring in shirt sleeves and the turf was becoming firm underfoot.

In the streets, dresses dyed after fruit, leaf, and flower emerged from beneath the shed somber skins of animals; now only a few old men wore mousy caps pulled down over their ears. That was the day Forrest Winslow forgot the long fret of the past winter as one forgets inevitable afflictions, sickness, and war, and turned with blind confidence toward the summer, thinking he already recognized in it all the summers of the past—the golfing, sailing, swimming summers.

For eight years Forrest had gone East to school and then to college; now he worked for his father in a large Minnesota city. He was handsome, popular and rather spoiled in a conservative way, and so the past year had been a comedown. The discrimination that had packed Scroll and Keys at New Haven was applied to sorting furs; the hand that had signed the Junior Prom expense checks had since rocked in a sling for two months with mild *dermatitis venenata*. After work, Forrest found no surcease in the girls with whom he had grown up. On the contrary, the news of a stranger within the tribe stimulated him and during the transit of a popular visit he displayed a convulsive activity. So far, nothing had happened; but here was summer.

On the day spring broke through and summer broke through—it is much the same thing in Minnesota—Forrest stopped his coupé in front of a music store and took his pleasant vanity inside. As he said to the clerk, "I want some records," a little bomb of excitement exploded in his larynx, causing an unfamiliar and almost painful vacuum in his upper diaphragm. The unexpected detonation was caused by the sight of a corn-colored girl who was being waited on across the counter.

She was a stalk of ripe corn, but bound not as cereals are but as a rare first edition, with all the binder's art. She was lovely and expensive, and about nineteen, and he had never seen her before. She looked at him for just an unnecessary moment too long, with so much self-confidence that he felt his own rush out and away to join hers—". . . from him that hath not shall be taken away even that which he hath." Then her head swayed forward and she resumed her inspection of a catalogue.

Forrest looked at the list a friend had sent him from New York. Unfortunately, the first title was: When Voo-do-o-do

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Meets Boop-boop-a-doop, There'll Soon be a Hot-Cha-Cha. Forrest read it with horror. He could scarcely believe a title could be so repulsive.

Meanwhile the girl was asking: "Isn't there a record of Prokofiev's Fils Prodigue?"

"I'll see, madam." The saleswoman turned to Forrest.

"When Voo——" Forrest began, and then repeated, "When Voo——"

There was no use; he couldn't say it in front of that nymph of the harvest across the table.

"Never mind that one," he said quickly. "Give me Huggable——" Again he broke off.

"Huggable, Kissable You?" suggested the clerk helpfully, and her assurance that it was very nice suggested a humiliating community of taste.

"I want Stravinsky's Fire Bird," said the other customer, "and this album of Chopin waltzes."

Forrest ran his eye hastily down the rest of his list: Digga Diggity, Ever So Goosy, Bunkey Doodle I Do.

"Anybody would take me for a moron," he thought. He crumpled up the list and fought for air—his own kind of air, the air of casual superiority.

"I'd like," he said coldly, "Beethoven's Moonlight Sonata."

There was a record of it at home, but it didn't matter. It gave him the right to glance at the girl again and again. Life became interesting; she was the loveliest concoction; it would be easy to trace her. With the Moonlight Sonata wrapped face to face with Huggable, Kissable You, Forrest quitted the shop.

There was a new book store down the street, and here also he entered, as if books and records could fill the vacuum that spring was making in his heart. As he looked among the lifeless words of many titles together, he was wondering how soon he could find her, and what then.

"I'd like a hard-boiled detective story," he said.

A weary young man shook his head with patient reproof; simultaneously, a spring draft from the door blew in with it the familiar glow of cereal hair.

"We don't carry detective stories or stuff like that," said the young man in an unnecessarily loud voice. "I imagine you'll find it at a department store."

"I thought you carried books," said Forrest feebly.

"Books, yes, but not that kind." The young man turned to wait on his other customer.

As Forrest stalked out, passing within the radius of the girl's perfume, he heard her ask:

"Have you got anything of Louis Arragon's, either in French or in translation?"

"She's just showing off," he thought angrily. "They skip right from Peter Rabbit to Marcel Proust these days."

Outside, parked just behind his own adequate coupé, he found an enormous silver-colored roadster of English make and custom design. Disturbed, even upset, he drove homeward through the moist, golden afternoon.

The Winslows lived in an old, wide-verandaed house on Crest Avenue—Forrest's father and mother, his great-grandmother and his sister Eleanor. They were solid people as that phrase goes since the war. Old Mrs. Forrest was entirely solid; with convictions based on a way of life that had worked for eighty-four years. She was a character in the city; she remembered the Sioux war and she had been in Stillwater the day the James brothers shot up the main street.

"Maybe I won't be a member. Then you'll have to come and play with me on the public links."

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Her own children were dead and she looked on these remoter descendants from a distance, oblivious of the forces that had formed them. She understood that the Civil War and the opening up of the West were forces, while the free-silver movement and the World War had reached her only as news. But she knew that her father, killed at Cold Harbor, and her husband, the merchant, were larger in scale than her son or her grandson. People who tried to explain contemporary phenomena to her seemed, to her, to be talking against the evidence of their own senses. Yet she was not atrophied; last summer she had traveled over half of Europe with only a maid.

Forrest's father and mother were something else again. They had been in the susceptible middle thirties when the cocktail party and its concomitants arrived in 1921. They were divided people, leaning forward and backward. Issues that presented no difficulty to Mrs. Forrest caused them painful heat and agitation. Such an issue arose before they had been five minutes at table that night.

"Do you know the Rikkers are coming back?" said Mrs. Winslow. "They've taken the Warner house." She was a woman with many uncertainties, which she concealed from herself by expressing her opinions very slowly and thoughtfully, to convince her own ears. "It's a wonder Dan Warner would rent them his house. I suppose Cathy thinks everybody will fall all over themselves."

"What Cathy?" asked old Mrs. Forrest.

"She was Cathy Chase. Her father was Reynold Chase. She and her husband are coming back here."

"Oh, yes."

"I scarcely knew her," continued Mrs. Winslow, "but I know that when they were in Washington they were pointedly rude to everyone from Minnesota—went out of their way. Mary Cowan was spending a winter there, and she invited Cathy to lunch or tea at least half a dozen times. Cathy never appeared."

"I could beat that record," said Pierce Winslow. "Mary Cowan could invite me a hundred times and I wouldn't go."

"Anyhow," pursued his wife slowly, "in view of all the scandal, it's just asking for the cold shoulder to come out here."

"They're asking for it, all right," said Winslow. He was a Southerner, well liked in the city, where he had lived for thirty years. "Walter Hannan came in my office this morning and wanted me to second Rikker for the Kennemore Club. I said: 'Walter, I'd rather second Al Capone.' What's more, Rikker'll get into the Kennemore Club over my dead body."

"Walter had his nerve. What's Chauncey Rikker to you? It'll be hard to get anyone to second him."

"Who are they?" Eleanor asked. "Somebody awful?"

She was eighteen and a debutante. Her current appearances at home were so rare and brief that she viewed such table topics with as much detachment as her great-grandmother.

Forrest had decided that if Rikker came up for the Kennemore Club, his father's would not be the only black ball in the box.

"Cathy was a girl here; she was younger than I was, but I remember that she was always considered fast. Her husband, Chauncey Rikker, came from some little town upstate."

"What did they do that was so awful?"

"Rikker went bankrupt and left town," said her father. "There were a lot of ugly stories. Then he went to Washington and got mixed up in the alien-property scandal; and then he got in trouble in New York—he was in the bucket-shop business—but he skipped out to Europe. After a few years the chief Government witness died and he came back to America. They got him for a few months for contempt of court." He expanded into eloquent irony: "And now, with true patriotism, he comes back to his beautiful Minnesota, a product of its lovely woods, its rolling wheat fields——"

Forrest called him impatiently: "Where do you get that, father? When did two Kentuckians ever win Nobel prizes in the same year? And how about an upstate boy named Lind——"

"Have the Rikkers any children?" Eleanor asked.

"I think Cathy has a daughter about your age, and a boy about sixteen."

Forrest uttered a small, unnoticed exclamation. Was it possible? French books and Russian music—that girl this afternoon had lived abroad. And with the probability his resentment deepened—the daughter of a crook putting on all that dog! He sympathized passionately with his father's refusal to second Rikker for the Kennemore Club.

"Are they rich?" old Mrs. Forrest suddenly demanded.

"They must be well off if they took Dan Warner's house."

"Then they'll get in all right."

"They won't get into the Kennemore Club," said Pierce Winslow. "I happen to come from a state with certain traditions."

"I've seen the bottom rail get to be the top rail many times in this town," said the old lady blandly.

"But this man's a criminal, grandma," explained Forrest. "Can't you see the difference? It isn't a social question. We used to argue at New Haven whether we'd shake hands with Al Capone if we met him——"

"Who is Al Capone?" asked Mrs. Forrest.

"He's another criminal, in Chicago."

"Does he want to join the Kennemore Club too?"

They laughed, but Forrest had decided that if Rikker came up for the Kennemore Club, his father's would not be the only black ball in the box.

Abruptly it became full summer. After the last April storm someone came along the street one night, blew up the trees like balloons, scattered bulbs and shrubs like confetti, opened a cage full of robins and, after a quick look around, signaled up the curtain upon a new backdrop of summer sky.

Tossing back a strayed baseball to some kids in a vacant lot, Forrest's fingers, on the stitched seams of the stained leather cover, sent a wave of ecstatic memories to his brain. One must hurry and get there—"there" was now the fairway of the golf course, but his feeling was the same. Only when he teed off at the eighteenth that afternoon did he realize that it wasn't the same, that it would never be enough any more. The evening stretched large and empty before him, save for the set pieces of a dinner party and bed.

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While he waited with his partner for a match to play off, Forrest glanced at the tenth tee, exactly opposite and two hundred yards away.

One of the two figures on the ladies' tee was addressing her ball; as he watched, she swung up confidently and cracked a long drive down the fairway.

"Must be Mrs. Horrick," said his friend. "No other woman can drive like that."

At that moment the sun glittered on the girl's hair and Forrest knew who it was; simultaneously, he remembered what he must do this afternoon. That night Chauncey Rikker's name was to come up before the membership committee on which his father sat, and before going home, Forrest was going to pass the clubhouse and leave a certain black slip in a little box. He had carefully considered all that; he loved the city where his people had lived honorable lives for five generations. His grandfather had been a founder of this club in the 90's when it went in for sailboat racing instead of golf, and when it took a fast horse three hours to trot out here from town. He agreed with his father that certain people were without the pale. Tightening his face, he drove his ball two hundred yards down the fairway, where it curved gently into the rough.

The eighteenth and tenth holes were parallel and faced in opposite directions. Between tees they were separated by a belt of trees forty feet wide. Though Forrest did not know it, Miss Rikker's hostess, Helen Hannan, had dubbed into this same obscurity, and as he went in search of his ball he heard female voices twenty feet away.

"You'll be a member after tonight," he heard Helen Hannan say, "and then you can get some real competition from Stella Horrick."

"Maybe I won't be a member," said a quick, clear voice. "Then you'll have to come and play with me on the public links."

"Alida, don't be absurd."

"Why? I played on the public links in Buffalo all last spring. For the moment there wasn't anywhere else. It's like playing on some courses in Scotland."

"But I'd feel so silly. . . . Oh, gosh, let's let the ball go."

"There's nobody behind us. As to feeling silly—if I cared about public opinion any more, I'd spend my time in my bedroom." She laughed scornfully. "A tabloid published a picture of me going to see father in prison. And I've seen people change their tables away from us on steamers, and once I was cut by all the American girls in a French school. . . . Here's your ball."

"Thanks. . . . Oh, Alida, it seems terrible."

"All the terrible part is over. I just said that so you wouldn't be too sorry for us if people didn't want us in this club. I wouldn't care; I've got a life of my own and my own standard of what trouble is. It wouldn't touch me at all."

They passed out of the clearing and their voices disappeared into the open sky on the other side. Forrest abandoned the search for his lost ball and walked toward the caddie house.

For a while he was haunted by her curly yellow head, by the golden-brown defiance of her eyes.

"What a hell of a note," he thought. "To take it out on a girl that had nothing to do with it"—which was what he was doing this minute as he went up toward the club. "No," he said to himself abruptly, "I can't do it. Whatever her father may have done, she happens to be a lady. Father can do what he feels he has to do, but I'm out."

After lunch the next day, his father said rather diffidently: "I see you didn't do anything about the Rikkers and the Kennemore Club."

"No."

"It's just as well," said his father. "As a matter of fact, they got by. The club has got rather mixed anyhow in the last five years—a good many queer people in it. And, after all, in a club you don't have to know anybody you don't want to. The other people on the committee felt the same way."

"I see," said Forrest dryly. "Then you didn't argue against the Rikkers?"

"Well, no. The thing is I do a lot of business with Walter Hannan, and it happened yesterday I was obliged to ask him rather a difficult favor."

"So you traded with him." To both father and son, the word "traded" sounded like traitor.

"Not exactly. The matter wasn't mentioned."

"I understand," Forrest said. But he did not understand, and some old childhood faith in his father died at that moment.

To snub anyone effectively one must have him within range. The admission of Chauncey Rikker to the Kennemore Club and, later, to the Downtown Club was followed by angry talk and threats of resignation that simulated the sound of conflict, but there was no indication of a will underneath. On the other hand, unpleasantness in crowds is easy, and Chauncey Rikker was a facile object for personal dislike; moreover, a recurrent echo of the bucket-shop scandal sounded from New York, and the matter was reviewed in the local newspapers, in case anyone had missed it. Only the liberal Hannan family stood by the Rikkers, and their attitude aroused considerable resentment, and their attempt to launch them with a series of small parties proved a failure. Had the Rikkers attempted to "bring Alida out," it would have been for the inspection of a motley crowd indeed, but they didn't.

When, occasionally during the summer, Forrest encountered Alida Rikker, they crossed eyes in the curious way of children who don't know each other. For a while he was haunted by her curly yellow head, by the golden-brown defiance of her eyes; then he became interested in another girl. He wasn't in love with Jane Drake, though he thought he might marry her. She was "the girl across the street"; he knew her qualities, good and bad, so that they didn't matter. She had an essential reality underneath, like a relative. It would please their families. Once, after several highballs and some casual necking, he almost answered seriously when she provoked him with "But you don't really care about me"; but he sat tight and next morning was relieved that he had. Perhaps in the dull days after Christmas—— Meanwhile, at the Christmas dances among the Christmas girls he might find the ecstasy and misery, the infatuation that he wanted. By autumn he felt that his predestined girl was already packing her trunk in some Eastern or Southern city.

It was in his more restless mood that one November Sunday he went to

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a small tea. Even as he spoke to his hostess he felt Alida Rikker across the firelit room; her glowing beauty and her unexplored novelty pressed up against him, and there was a relief in being presented to her at last. He bowed and passed on, but there had been some sort of communication. Her look said that she knew the stand that his family had taken, that she didn't mind, and was even sorry to see him in such a silly position, for she knew that he admired her. His look said: "Naturally, I'm sensitive to your beauty, but you see how it is; we've had to draw the line at the fact that your father is a dirty dog, and I can't withdraw from my present position."

Suddenly, in a silence, she was talking, and his ears swayed away from his own conversation.

". . . Helen had this odd pain for over a year and, of course, they suspected cancer. She went to have an X ray; she undressed behind a screen, and the doctor looked at her through the machine, and then he said, 'But I told you to take off all your clothes,' and Helen said, 'I have.' The doctor looked again, and said, 'Listen, my dear, I brought you into the world, so there's no use being modest with me. Take off everything.' So Helen said, 'I've got every stitch off; I swear.' But the doctor said, 'You have not. The X ray shows me a safety pin in your brassiere.' Well, they finally found out that she'd been suspected of swallowing a safety pin when she was two years old."

The story, floating in her clear, crisp voice upon the intimate air, disarmed Forrest. It had nothing to do with what had taken place in Washington or New York ten years before. Suddenly he wanted to go and sit near her, because she was the tongue of flame that made the firelight vivid. Leaving, he walked for an hour through feathery snow, wondering again why he couldn't know her, why it was his business to represent a standard.

"Well, maybe I'll have a lot of fun some day doing what I ought to do," he thought ironically—"when I'm fifty."

The first Christmas dance was the charity ball at the armory. It was a large, public affair; the rich sat in boxes. Everyone came who felt he belonged, and many out of curiosity, so the atmosphere was tense with a strange haughtiness and aloofness.

The Rikkers had a box. Forrest, coming in with Jane Drake, glanced at the man of evil reputation and at the beaten woman frozen with jewels who sat beside him. They were the city's villains, gaped at by the people of reserved and timid lives. Oblivious of the staring eyes, Alida and Helen Hannan held court for several young men from out of town. Without question, Alida was incomparably the most beautiful girl in the room.

Several people told Forrest the news—the Rikkers were giving a big dance after New Year's. There were written invitations, but these were being supplemented by oral ones. Rumor had it that one had merely to be presented to any Rikker in order to be bidden to the dance.

As Forrest passed through the hall, two friends stopped him and with a certain hilarity introduced him to a youth of seventeen, Mr. Teddy Rikker.

"We're giving a dance," said the young man immediately, "January third. Be very happy if you could come."

Forrest was afraid he had an engagement.

"Well, come if you change your mind."

"Horrible kid, but shrewd," said one of his friends later. "We were feeding him people, and when we brought up a couple of saps, he looked at them and didn't say a word. Some refuse and a few accept and most of them stall, but he goes right on; he's got his father's crust."

Into the highways and byways. Why didn't the girl stop it? He was sorry for her when he found Jane in a group of young women reveling in the story.

"I hear they asked Bodman, the undertaker, by mistake, and then took it back."

"Mrs. Carleton pretended she was deaf."

"There's going to be a carload of champagne from Canada."

"Of course, I won't go, but I'd love to, just to see what happens. There'll be a hundred men to every girl—and that'll be meat for her."

The accumulated malice repelled him, and he was angry at Jane for being part of it. Turning away, his eyes fell on Alida's proud form swaying along a wall, watched the devotion of her partners with an unpleasant resentment. He did not know that he had been a little in love with her for many months. Just as two children can fall in love during a physical struggle over a ball, so their awareness of each other had grown to surprising proportions.

"She's pretty," said Jane. "She's not exactly overdressed, but considering everything, she dresses too elaborately."

"I suppose she ought to wear sackcloth and ashes or half mourning."

"I was honored with a written invitation, but, of course, I'm not going."

"Why not?"

Jane looked at him in surprise. "You're not going."

"That's different. I would if I were you. You see, you don't care what her father did."

"Of course, I care."

"No, you don't. And all this small meanness just debases the whole thing. Why don't they let her alone? She's young and pretty and she's done nothing wrong."

Later in the week he saw Alida at the Hannans' dance and noticed that many men danced with her. He saw her lips moving, heard her laughter, caught a word or so of what she said; irresistibly he found himself guiding partners around in her wake. He envied visitors to the city who didn't know who she was.

The night of the Rikkers' dance he went to a small dinner; before they sat down at table he realized that the others were all going on to the Rikkers'. They talked of it as a sort of comic adventure; insisted that he come too.

"Even if you weren't invited, it's all right," they assured him. "We were

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told we could bring anyone. It's just a free-for-all; it doesn't put you under any obligations. Norma Nash is going and she didn't invite Alida Rikker to her party. Besides, she's really very nice. My brother's quite crazy about her. Mother is worried sick, because he says he wants to marry her."

Clasping his hand about a new highball, Forrest knew that if he drank it he would probably go. All his reasons for not going seemed old and tired, and, fatally, he had begun to seem absurd to himself. In vain he tried to remember the purpose he was serving, and found none. His father had weakened on the matter of the Kennemore Club. And now suddenly he found reasons for going—men could go where their women could not.

"All right," he said.

The Rikkers' dance was in the ballroom of the Minnekada Hotel. The Rikkers' gold, ill-gotten, tainted, had taken the form of a forest of palms, vines and flowers. The two orchestras moaned in pergolas lit with fireflies, and many-colored spotlights swept the floor, touching a buffet where dark bottles gleamed. The receiving line was still in action when Forrest's party came in, and Forrest grinned ironically at the prospect of taking Chauncey Rikker by the hand. But at the sight of Alida, her look that at last fell frankly on him, he forgot everything else.

"Your brother was kind enough to invite me," he said.

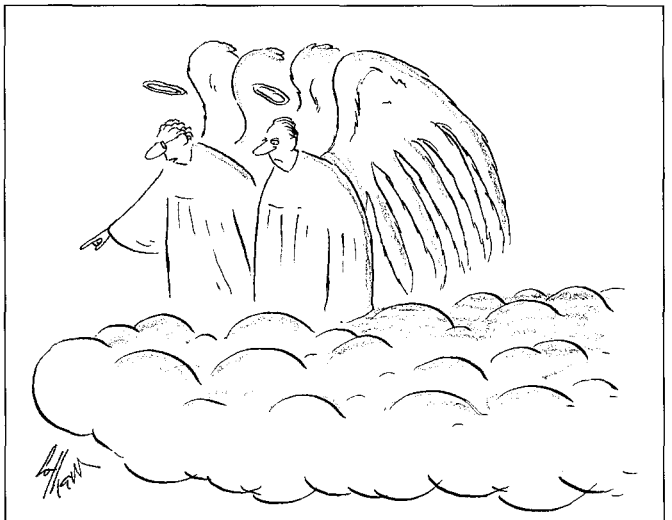
"Oh, yes," she was polite, but vague; not at all overwhelmed by his presence. As he waited to speak to her parents, he started, seeing his sister in a group of dancers. Then, one after another, he identified people he knew; it might have been any one of the Christmas dances; all the younger crowd were there. He discovered abruptly that he and Alida were alone; the receiving line had broken up. Alida glanced at him questioningly and with a certain amusement.

So he danced out on the floor with her, his head high, but slightly spinning. Of all things in the world, he had least expected to lead off the Chauncey Rikkers' ball.

Next morning his first realization was that he had kissed her; his second was a feeling of profound shame for his conduct of the evening. Lord help him, he had been the life of the party; he had helped to run the cotillion. From the moment when he danced out on the floor, coolly meeting the surprised and interested glances of his friends, a mood of desperation had come over him. He rushed Alida Rikker, until a friend asked him what Jane was going to say. "What business is it of Jane's?" he demanded impatiently. "We're not engaged." But he was impelled to approach his sister and ask her if he looked all right.

"Apparently," Eleanor answered, "but when in doubt, don't take any more."

So he hadn't. Exteriorly he remained correct, but his libido was in a state of wild extraversion. He sat with Alida Rikker and told her he had loved her for months.



"Been there. Done that."

"Every night I thought of you just before you went to sleep," his voice trembled with insincerity. "I was afraid to meet you or speak to you. Sometimes I'd see you in the distance, moving along like a golden chariot, and the world would be good to live in."

After twenty minutes of this eloquence, Alida began to feel exceedingly attractive. She was tired and rather happy, and eventually she said:

"All right, you can kiss me if you want to, but it won't mean anything. I'm just not in that mood."

But Forrest had moods enough for both; he kissed her as if they stood together at the altar. A little later he had thanked Mrs. Rikker with deep emotion for the best time he had ever had in his life.

It was noon, and as he groped his way upright in bed, Eleanor came in in her dressing gown.

"How are you?" she asked.

"Awful."

"How about what you told me coming back in the car? Do you actually want to marry Alida Rikker?"

"Not this morning."

"That's all right then. Now, look; the family are furious."

"Why?" he asked with some redundancy.

"Both you and I being there. Father heard that you led the cotillion. My explanation was that my dinner party went, and so I had to go; but then you went too!"

Forrest dressed and went down to Sunday dinner. Over the table hovered an atmosphere of patient, puzzled, unworldly disappointment. Finally Forrest launched into it:

"Well, we went to Al Capone's party and had a fine time."

"So I've heard," said Pierce Winslow dryly. Mrs. Winslow said nothing.

"Everybody was there—the Kayes, the Schwanes, the Martins, and the Blacks. From now on, the Rikkers are pillars of society. Every house is open to them."

"Not this house," said his mother. "They won't come into this house." And after a moment: "Aren't you going to eat anything, Forrest?"

"No, thanks. I mean, yes, I am eating." He looked cautiously at his plate. "The girl is very nice. There isn't a girl in town with better manners or more stuff. If things were like they were before the war, I'd say——"

He couldn't think exactly what it was he would have said; all he knew was that he was now on an entirely different road from his parents'.

"This city was scarcely more than a village before the war," said old Mrs. Forrest.

"Forrest means the World War, granny," said Eleanor.

"Some things don't change," said Pierce Winslow. Both he and Forrest thought of the Kennemore Club matter and, feeling guilty, the older man lost his temper:

"When people start going to parties given by a convicted criminal, there's something serious the matter with them."

"We won't discuss it any more at

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table," said Mrs. Winslow hastily.

About four, Forrest called a number on the telephone in his room. He had known for some time that he was going to call a number.

"Is Miss Rikker at home? . . . Oh, hello. This is Forrest Winslow."

"How are you?"

"Terrible. It was a good party."

"Wasn't it?"

"Too good. What are you doing?"

"Entertaining two awful hangovers."

"Will you entertain me too?"

"I certainly will. Come on over."

The two young men could only groan and play sentimental music on the phonograph, but presently they departed; the fire leaped up, day went out behind the windows, and Forrest had rum in his tea.

"So we met at last," he said.

"The delay was all yours."

"Damn prejudice," he said. "This is a conservative city, and your father being in this trouble——"

"I can't discuss my father with you."

"Excuse me. I only wanted to say that I've felt like a fool lately for not knowing you. For cheating myself out of the pleasure of knowing you for a silly prejudice," he blundered on. "So I decided to follow my own instincts."

She stood up suddenly. "Good-by, Mr. Winslow."

"What? Why?"

"Because it's absurd for you to come here as if you were doing me a favor. And after accepting our hospitality, to remind me of my father's troubles is simply bad manners."

He was on his feet, terribly upset. "That isn't what I meant. I said I had felt that way, and I despised myself for it. Please don't be sore."

"Then don't be condescending." She sat back in her chair. Her mother came in, stayed only a moment, and threw Forrest a glance of resentment and suspicion as she left. But her passage through had brought them together, and they talked frankly for a long time.

"I ought to be upstairs dressing."

"I ought to have gone an hour ago, and I can't."

"Neither can I."

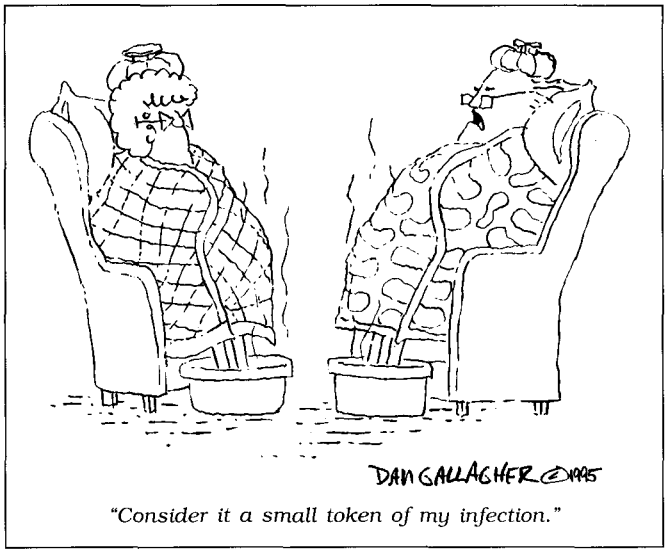
With the admission they had traveled far. At the door he kissed her unreluctant lips and walked home, throwing futile buckets of reason on the wild fire.

Less than two weeks later it happened. In a car parked in a blizzard he poured out his worship, and she lay on his chest, sighing, "Oh, me too—me too."

Already Forrest's family knew where he went in the evenings; there was a frightened coolness, and one morning his mother said:

"Son, you don't want to throw yourself away on some girl that isn't up to you. I thought you were interested in Jane Drake."

"Don't bring that up. I'm not going to talk about it."



"Consider it a small token of my infection."

But it was only a postponement. Meanwhile the days of this February were white and magical, the nights were starry and crystalline. The town lay under a cold glory; the smell of her furs was incense, her bright cheeks were flames upon a northern altar. An ecstatic pantheism for his land and its weather welled up in him. She had brought him finally back to it; he would live here always.

"I want you so much that nothing can stand in the way of that," he said to Alida. "But I owe my parents a debt that I can't explain to you. They did more than spend money on me; they tried to give me something more intangible—something that their parents had given them and that they thought was worth handing on. Evidently it didn't take with me, but I've got to make this as easy as possible for them." He saw by her face that he had hurt her. "Darling——"

"Oh, it frightens me when you talk like that," she said. "Are you going to reproach me later? It would be awful. You'll have to get it out of your head that you're doing anything wrong. My standards are as high as yours, and I can't start out with my father's sins on my shoulders." She thought for a moment. "You'll never be able to reconcile it all like a children's story. You've got to choose. Probably you'll have to hurt either your family or hurt me."

A fortnight later the storm broke at the Winslow house. Pierce Winslow came home in a quiet rage and had a session behind closed doors with his wife. Afterward she knocked at Forrest's door.

"Your father had a very embarrassing experience today. Chauncey Rikker came up to him in the Downtown Club and began talking about you as if you were on terms of some understanding with his daughter. Your father walked away, but we've got to know. Are you serious about Miss Rikker?"

"I want to marry her," he said.

"Oh, Forrest!"

She talked for a long time, recapitulating, as if it were a matter of centuries, the eighty years that his family had been identified with the city; when she passed from this to the story of his father's health, Forrest interrupted:

"That's all so irrelevant, mother. If there was anything against Alida personally, what you say would have some weight, but there isn't."

"She's overdressed; she runs around with everybody——"

"She isn't a bit different from Eleanor. She's absolutely a lady in every sense. I feel like a fool even discussing her like this. You're just afraid it'll connect you in some way with the Rikkers."

"I'm not afraid of that," said his mother, annoyed. "Nothing would ever do that. But I'm afraid that it'll separate you from everything worth while, everybody that loves you. It isn't fair for you to upset our lives, let us in for disgraceful gossip——"

"I'm to give up the girl I love because you're afraid of a little gossip."

The controversy was resumed next day, with Pierce Winslow debating. His argument was that he was born in old Kentucky, that he had always felt uneasy at having begotten a son upon a pioneer Minnesota family, and that this was what he might have expected.

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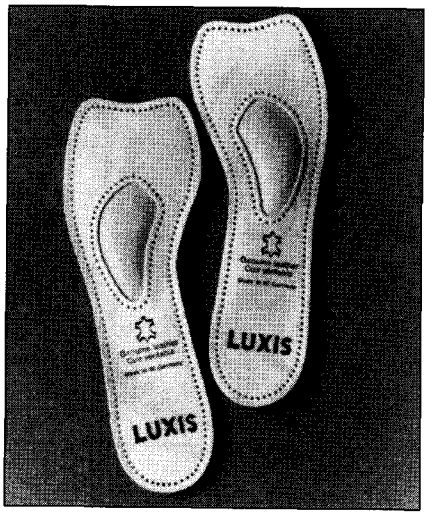

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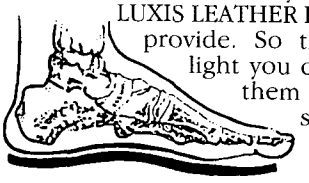

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Forrest felt that his parents' attitude was trivial and disingenuous. Only when he was out of the house, acting against their wishes, did he feel any compunction. But always he felt that something precious was being frayed away—his youthful companionship with his father and his love and trust for his mother. Hour by hour he saw the past being irreparably spoiled, and save when he was with Alida, he was deeply unhappy.

One spring day when the situation had become unendurable, with half the family meals taken in silence, Forrest's great-grandmother stopped him on the stair landing and put her hand on his arm.

"Has this girl really a good character?" she asked, her fine, clear, old eyes resting on his.

"Of course she has, gramma."

"Then marry her."

"Why do you say that?" Forrest asked curiously.

"It would stop all this nonsense and we could have some peace. And I've been thinking I'd like to be a great-great-grandmother before I die."

Her frank selfishness appealed to him more than the righteousness of the others. That night he and Alida decided to be married the first of June, and telephoned the announcement to the papers.

Now the storm broke in earnest. Crest Avenue rang with gossip—how Mrs. Rikker had called on Mrs. Winslow, who was not at home. How Forrest had gone to live in the University Club. How Chauncey Rikker and Pierce Winslow had had words in the Downtown Club.

It was true that Forrest had gone to the University Club. On a May night, with summer sounds already gathered on the window screens, he packed his trunk and his suitcases in the room where he had lived as a boy. His throat contracted and he smeared his face with his dusty hand as he took a row of golf cups off the mantelpiece, and he choked to himself: "If they won't take Alida, then they're not my family any more."

As he finished packing, his mother came in.

"You're not really leaving." Her voice was stricken.

"I'm moving to the University Club."

"That's so unnecessary. No one bothers you here. You do what you want."

"I can't bring Alida here."

"Father——"

"Hell with father!" he said wildly.

She sat down on the bed beside him. "Stay here, Forrest. I promise not to argue with you any more. But stay here."

"I can't."

"I can't have you go!" she wailed. "It seems as if we're driving you out, and we're not!"

"You mean it looks as though you were driving me out."

"I don't mean that."

"Yes, you do. And I want to say that I don't think you and father really care a hang about Chauncey Rikker's moral character."

"I loved William, he loved me, and we thought that was that. Then we got that darn computer."

"That's not true, Forrest. I hate people that behave badly and break the laws. My own father would never have let Chauncey Rikker——"

"I'm not talking about your father. But neither you nor my father care a bit what Chauncey Rikker did. I bet you don't even know what it was."

"Of course I know. He stole some money and went abroad, and when he came back they put him in prison."

"They put him in prison for contempt of court."

"Now you're defending him, Forrest."

"I'm not! I hate his guts: undoubtedly he's a crook. But I tell you it was a shock to me to find that father didn't have any principles. He and his friends sit around the Downtown Club and pan Chauncey Rikker, but when it comes to keeping him out of a club, they develop weak spines."

"That was a small thing."

"No, it wasn't. None of the men of father's age have any principles. I don't know why. I'm willing to make an allowance for an honest conviction, but I'm not going to be booed by somebody that hasn't got any principles and simply pretends to have."

His mother sat helplessly, knowing that what he said was true. She and her husband and all their friends had no principles. They were good or bad according to their natures; often they struck attitudes remembered from the past, but they were never sure as her father or her grandfather had been sure. Confusedly she supposed it was something about religion. But how could you get principles just by wishing for them?

The maid announced the arrival of a taxi.

"Send up Olsen for my baggage," said Forrest; then to his mother, "I'm not taking the coupé; I left the keys. I'm just taking my clothes. I suppose father will let me keep my job down town."

"Forrest, don't talk that way. Do you think your father would take your living away from you, no matter what you did?"

"Such things have happened."

"You're hard and difficult," she wept. "Please stay here a little longer, and perhaps things will be better and father will get a little more reconciled. Oh, stay, stay! I'll talk to father again. I'll do my best to fix things."

"Will you let me bring Alida here?"

"Not now. Don't ask me that. I couldn't bear——"

"All right," he said grimly.

Olsen came in for the bags. Crying and holding on to his coat sleeve, his mother went with him to the front door.

"Won't you say good-by to father?"

"Why? I'll see him tomorrow in the office."

"Forrest, I was thinking, why don't you go to a hotel instead of the University Club?"

"Why, I thought I'd be more

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comfortable——" Suddenly he realized that his presence would be less conspicuous at a hotel. Shutting up his bitterness inside him, he kissed his mother roughly and went to the cab.

Unexpectedly, it stopped by the corner lamp-post at a hail from the sidewalk, and the May twilight yielded up Alida, miserable and pale.

"What is it?" he demanded.

"I had to come," she said. "Stop the car. I've been thinking of you leaving your house on account of me, and how you loved your family—the way I'd like to love mine—and I thought how terrible it was to spoil all that. Listen, Forrest! Wait! I want you to go back. Yes, I do. We can wait. We haven't any right to cause all this pain. We're young. I'll go away for a while, and then we'll see."

He pulled her toward him by her shoulders.

"You've got more principles than the whole bunch of them," he said. "Oh, my girl, you love me, and gosh, it's good that you do!"

It was to be a house wedding, Forrest and Alida having vetoed the Rikkers' idea that it was to be a sort of public revenge. Only a few intimate friends were invited.

During the week before the wedding, Forrest deduced from a series of irresolute and ambiguous telephone calls that his mother wanted to attend the ceremony, if possible. Sometimes he hoped passionately she would; at others it seemed unimportant.

The wedding was to be at seven. At five o'clock Pierce Winslow was walking up and down the two interconnecting sitting rooms of his house.

"This evening," he murmured, "my only son is being married to the daughter of a swindler."

He spoke aloud so that he could listen to the words, but they had been evoked so often in the past few months that their strength was gone and they died thinly upon the air.

He went to the foot of the stairs and called: "Charlotte!" No answer. He called again, and then went into the dining room, where the maid was setting the table.

"Is Mrs. Winslow out?"

"I haven't seen her come in, Mr. Winslow."

Back in the sitting room he resumed his walking; unconsciously he was walking like his father, the judge, dead thirty years ago; he was parading his dead father up and down the room.

"You can't bring that woman into this house to meet your mother. Bad blood is bad blood."

The house seemed unusually quiet. He went upstairs and looked into his wife's room, but she was not there; old Mrs. Forrest was slightly indisposed; Eleanor, he knew, was at the wedding.

He felt genuinely sorry for himself as he went downstairs again. He knew his role—the usual evening routine carried out in complete obliviousness of the wedding—but he needed support, people begging him to relent, or else deferring to his wounded sensibilities. This isolation was different; it was almost the first isolation he had ever felt, and like all men who are fundamentally of the group, of the herd, he was incapable of taking a strong stand with the inevitable loneliness that it

continued on page 82

"Easy Stretcher"

If you prefer sitting down while shaping up, you'll enjoy the Easy Stretcher.

The simple, lightweight rubber stretcher enables you to exercise the back muscle groups important to good posture and overall back health.

Of course, you could purchase an expensive rowing machine to exercise the same muscle groups—trapezius, rhomboids, and teres major muscles. With the inexpensive Easy Stretcher, you save time and money.

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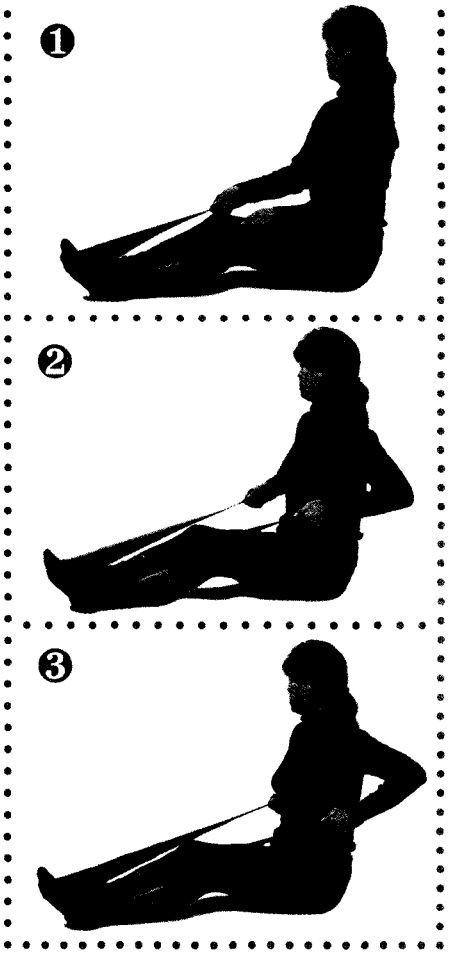

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AHHHHH... The Spa!

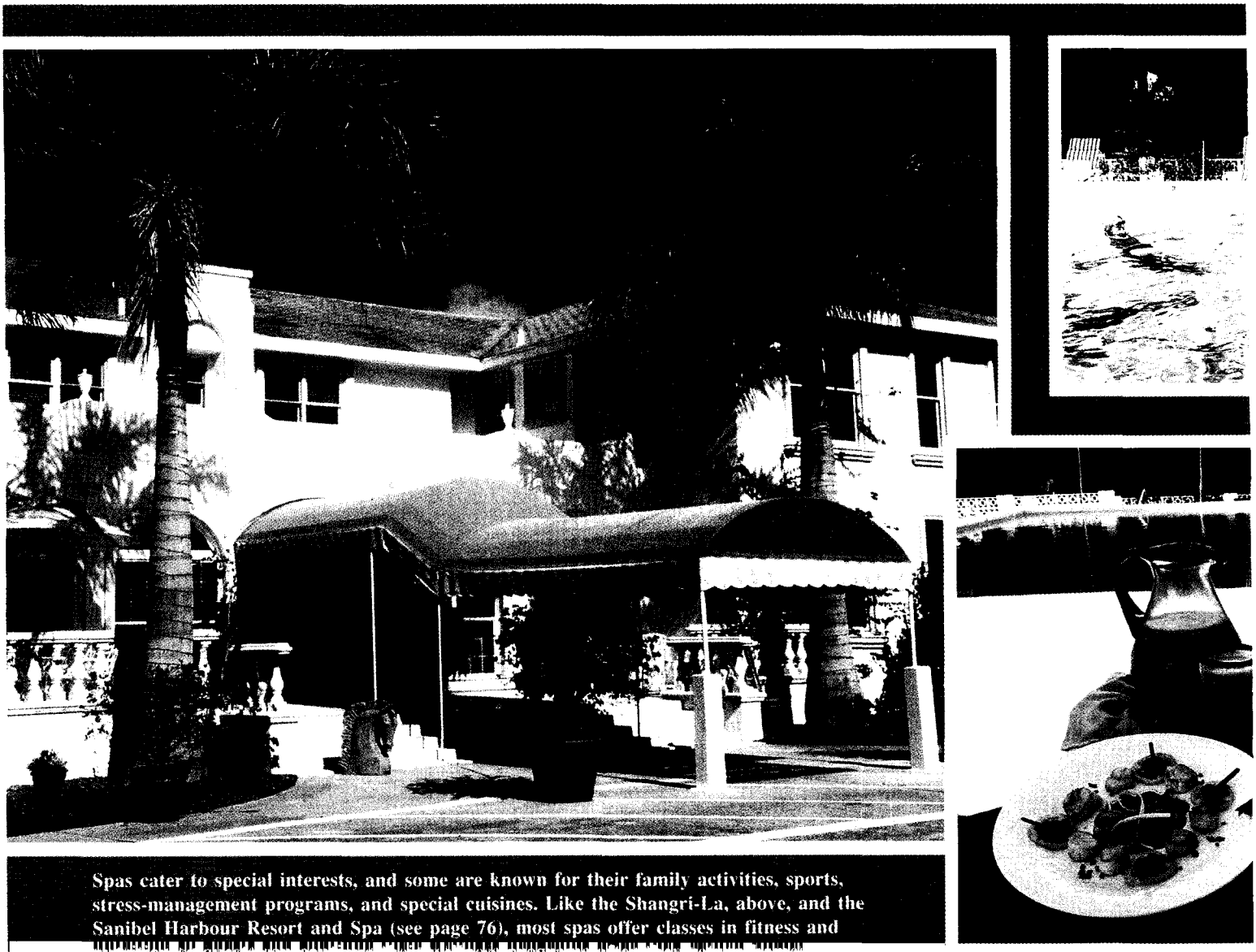
What better way to shape up for 1997 than to steal away to a sunny spot for a crash course in exercise and nutrition.

by Holly Miller

Over bowls of steamy oatmeal and cups of herbal tea, the breakfast guests gather to indulge in a favorite get-acquainted exercise: trading tales of tofu, treadmills, and treatments. These are veteran spagoers, assembled to sample the offerings of a recently renovated bit of heaven appropriately named Shangri-La. Their heads nod knowledgeably as each takes a turn describing the agony of caffeine withdrawal, the ecstasy of emerging "clean," and the challenge of staying that way after reentry into a world of temptations. Laughter erupts when someone revives the old story of comedian Buddy Hackett and his habit of inviting fellow spa guests to his suite at another familiar watering hole. Hackett's attraction? Partly his wit and partly his ability to smuggle in pizza after hours.

"You can eat almost as much as you want here," assures Leo Dahlmanns, co-owner with his wife, Deborah, of Shangri-La Historic Inn, Resort and Spa in Bonita Springs, Florida. In case the guests missed the operative word in his message, he repeats it: "... *almost* as much as you want."

Just as the Shangri-La is rebuilding its facilities—German-born Dahlmanns calls the construction zone of his property "East Berlin"—so is it revamping its image. Before the Dahlmanns duo bought the historic landmark four years ago, it was a natural health institute that featured a no-frills regimen and spartan cuisine embraced by a clientele in search of a hard cure. Guests didn't talk at the table because they



Spas cater to special interests, and some are known for their family activities, sports, stress-management programs, and special cuisines. Like the Shangri-La, above, and the Sanibel Harbour Resort and Spa (see page 76), most spas offer classes in fitness and

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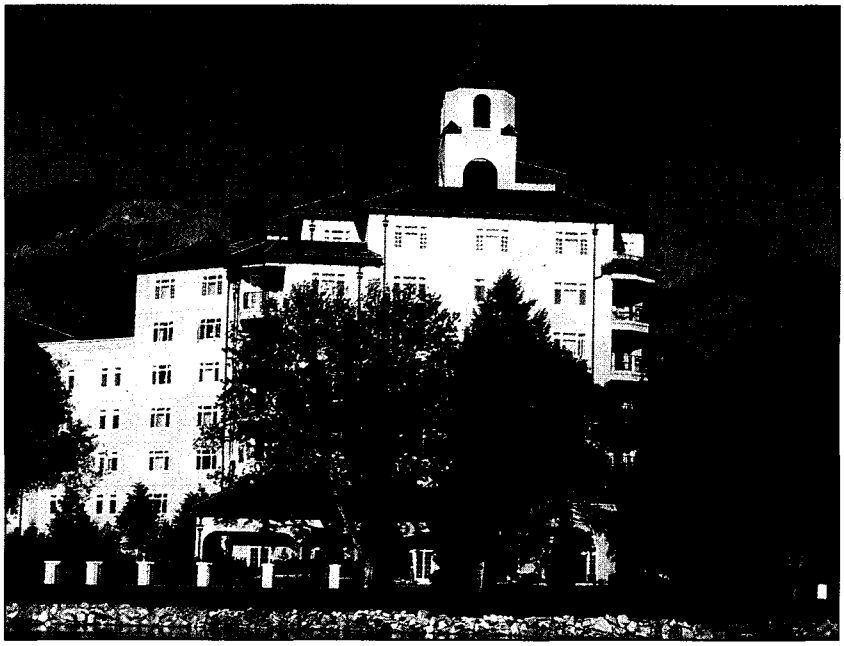
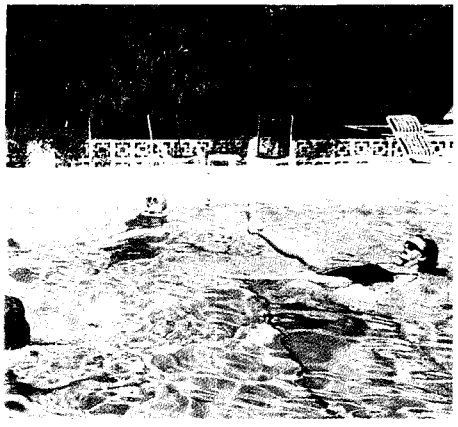
concentrated on chewing the day's vegetable. "One food at a meal is the ideal" was the mantra, and mixing certain fruits with certain vegetables was unthinkable. Proper digestion was the goal, and patrons subscribed to the belief that no pain meant no gain—or no loss, if weight was the issue.

"Too dogmatic" was Deborah's and Leo's assessment when they studied the former program and began their multimillion-dollar overhaul of the regimen and the facilities. They noted that guests often left the "old" Shangri-La with good intentions to continue the rigid diet at home, but would return the next year with all their bad habits intact. "Either they weren't listening to the rules, or they were cheating because the diet was too difficult, or it wasn't working," concluded Leo.

He and his wife had a better idea.



Called the grande dame of the Rockies, the Broadmoor Hotel enjoys a colorful past as a favorite watering hole of presidents, writers, film stars, and foreign dignitaries.



Restoration in the Rockies

As beautiful as they are, the Rocky Mountains have a problem. High altitude and dry air combine to pull moisture from the skin. The solution: Book a reprieve at the Broadmoor.

Drawing upon the mountain resources, the Spa at the Broadmoor in Colorado Springs lives up to this resort's legendary five-star service. Corridors feature gilded mirrors, brass fixtures, alabaster sconces, and hardwood floors. Rocky Mountain stone and Italian tiles, hand-painted with columbines (the Colorado state flower), grace the spa.

Here, guests won't find locker rooms but sitting rooms with fireplaces and plush furnishings. And for a view of the majestic scenery and a whiff of mountain air, you can check out the four treatment rooms, which feature terraces for outdoor massages.

Massage therapy is only one means of rejuvenation. Select from hydrotherapies, body and esthetic treatments, and aerobic, cardiovascular, and resistance training at the fitness center, with its indoor and outdoor pool, outdoor lap lanes, and hot tub. Treatments come à la carte or from 12 specially designed combinations. The "Peak Experience," for example, pampers you with an aromatherapy bath, a 50-minute massage, a 50-minute facial, and the uniquely Broadmoor Falls experience of being warmed by heated granite shower walls as a therapist conducts a pressurized stream of water along your body's lymphatic and circulatory pathways.

Visitors appreciate the revitalizing experience that mud or herbal wraps, body polishes, and exfoliating salt glow and loofah treatments afford. It's like having new skin, they say. Personal training, waxing, tweezing, and application of makeup are also available. Broadmoor Spa products, made from ingredients native to Colorado, can be purchased as souvenirs or gifts.

Built around a lake, the rest of the Broadmoor is just as splendid. Walk across the newly installed bridge to get to the West Wing and pool. Avid golfers can enjoy three championship 18-hole golf courses. Shoppers can browse for fine art purchases, precious gems, gifts for the grandchildren, or anything left behind.

And while visiting Colorado Springs, ride to the top of Pikes Peak aboard the Cog Railway, or venture to the Olympic Training Center and the Air Force Academy. The World Figure Skating Hall of Fame is a five-minute walk from the Broadmoor.

— Loriann Hoff Oberlin

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The "new" Shangri-La would offer four dining options: the improved natural hygiene program for the hard core who want only raw fruits and vegetables followed by chasers of water; the gourmet natural juice program for persons determined to shed pounds safely and fast; the gourmet vegetarian program that includes no animal products such as milk or eggs; and the gourmet spa cuisine that offers à la carte menus with free-range poultry and fresh fish. Overseeing the diverse options is Chef Henry Williams, a culinary artist who puts in 12-hour days developing menus, consulting with guests, and offering recipes during group cooking demonstrations and one-on-one consultations.

"Some people phone ahead and plan their week's food," says Williams. "And some like to keep in touch after they go home. Just the other day a woman called me from Alaska to ask for a certain pasta recipe that she had sampled while she was here."

He is a chef with no secrets to keep but lots of tricks to share. He enjoys offering guests simple techniques they can try to add zest to bland-but-healthy entrees. A cookbook is in the works and will contain his most popular dishes, as well as his tips on seasoning veggies with herbs rather than salt and creating "alternative" salad dressings with citrus juices rather than oils. Until the book is published, guests who compliment him on specific menu items had better have pen and paper handy.

"You like the granola?" he says, accepting an early-morning accolade.

The Sanibel Sampler

The first step in designing a fitness program is to review past shape-up attempts and figure out why they weren't successful, says Thor Holm, spa director at Sanibel Harbour Resort and Spa, Fort Myers, Florida. "Were they inconvenient? Cost too much? Require more time that you could spare?" He suggests setting realistic exercise goals that fit the restraints of time, work, and budget.

Guests checking into the Sanibel Harbour spa often begin with a 60-minute general fitness assessment conducted by a certified personal trainer. In a one-on-one session, the trainer checks her client's heart rate and blood pressure, then oversees four simple tests that evaluate strength, endurance, flexibility, and cardiovascular recovery. Depending on how long the guest plans to stay at the resort—spa "samplers" range from three to five days—the trainer is available to supervise personal workout sessions on the facility's state-of-the-art equipment. The guest leaves with recommendations on how to continue the fitness program at home.

"The idea is to 'surprise' your muscles by changing your exercise program every four to six weeks," explains Holm, who directs a staff of 40 fitness and beauty professionals. "Keep a daily log of your activities so you can see when you reach a plateau, then structure your workout so you are using different muscles on different days. A personal trainer should serve as an educator who teaches you how to sustain your fitness program on your own."

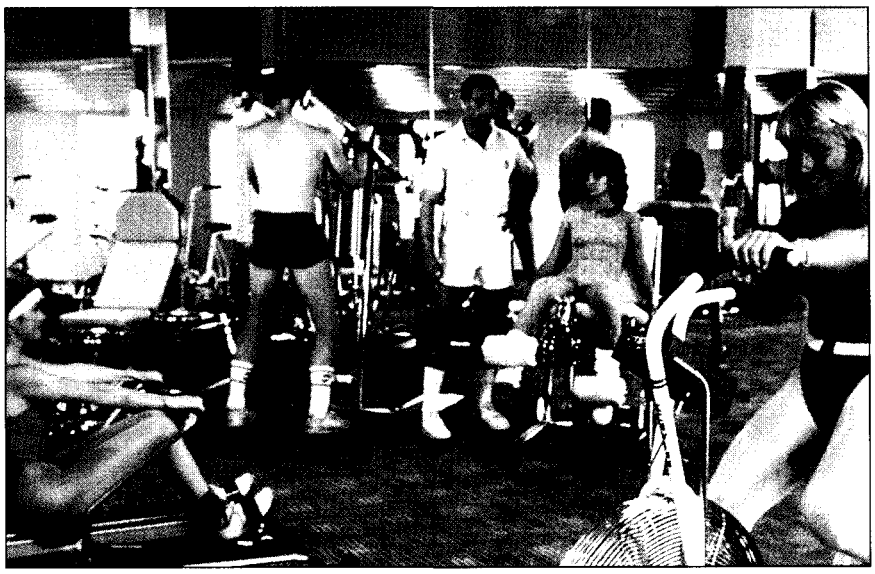
Because nutrition is the key component of any shape-up effort, the Sanibel Harbour Resort and Spa dining room offers a range of "gourmet light" menu choices created by executive chef Eric Truglas. Entrees are generous in size, attractive in presentation, exotic in taste, and low in calories and fat grams. For example, the steamed grouper—stuffed with basil, spinach, and tomato, and topped with a nonfat yogurt and green peppercorn sauce with bulgur wheat—contains a stingy three grams of fat and only 210 calories. A terrine of vegetables and fish in citrus aspic makes an appealing appetizer and "costs" only 170 calories. Because the fitness cuisine comfortably coexists on the same menus as the traditional resort foods, spagoers are neither isolated from other guests nor identified as dieting diners.

"This is an excellent place for persons who are experiencing a spa for the first time," says Jennifer Keene, a resort spokeswoman. Rewards for a rigorous workout might include a Swedish massage, a deep-cleansing facial, a milk-and-honey body wrap, a manicure, a makeup lesson, or a new hair style. Nutritional counseling and stress management classes also are available.

More than merely offering guests a respite from busy work schedules, Sanibel Harbour Resort and Spa hopes to instill healthy habits that will continue long after the vacation ends. Holm says companies are now realizing the importance of wellness programs, and many are slating business meetings at resort spas.

"We recently planned a two-day wellness program for 280 employees of a large management consulting company," says Holm. "We introduced them to yoga; we scheduled healthy snack and quick massage breaks rather than traditional coffee breaks; and we taught them how to set their ideal weight goals and figure their metabolic rates." The management executives, old and young, responded enthusiastically to the primer.

"It's never too late to start a fitness program," insists Holm. "You'll improve your mental and physical well-being; your appetite will be suppressed; and you'll sleep better."



Cross-training programs are easy to follow at Sanibel Harbour's 40,000-square-foot exercise facility. Besides cardiovascular and resistance-training equipment, the spa offers more than 30 fitness classes weekly.

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"You can make it at home. All you need are four cups of rolled oats, just enough orange-blossom honey to bind, about a teaspoon of fresh cinnamon. . ."

And if you like the granola, wait until you try his Belgium waffles, muffins, and omelets (egg whites only, of course). A typical day at Shangri-La begins the night before, when guests fill out their breakfast menus. The choices are abundant, and no one leaves the table hungry. Lunch and dinner munchables include raw carrots, broccoli, red and green peppers, red-leaf lettuce, celery, tomatoes, onion, corn salad, and cole slaw. Steamed dishes incorporate carrots, mushrooms, pasta cooked with dill, squash salad, and new potatoes. Chef Williams says broccoli is the best of all vegetables because its nitrogen compounds can be effective in fighting some kinds of cancer.

"It livens up pasta, and you can chop or purée leftover broccoli and add it to casseroles," he explains. If a guest prefers something other than a vegetables-only dinner, Williams offers two choices: grilled fish or free-range chicken. Some patrons specify a strict vegetarian diet when they register but then suffer "chicken envy" when they witness the gourmet spa cuisine enjoyed by fellow diners. No problem; the staff is flexible, and program changes are easily accommodated.

"In the past, this was a place for extremists," says Leo Dahlmanns. "We want it to be a place of moderation. We teach reality here."

Typical clients are men and women who need to escape the pressures of home and office and are interested in reinventing themselves in sunny and lush surroundings. "It's never too early and never too late" to indulge in a spa vacation, says Dagmar Kern, a skin-care expert who helps design individualized programs for Shangri-La guests. "The body is so forgiving; it repairs itself."

But on its way to better health, a body can expect a couple of difficult days as it is "detoxed" of caffeine and junk food and becomes acclimated to a relaxed environment without the distractions of phones, faxes, and e-mail. Typical activities—left totally up to the guests to determine—include leisurely walks along the beach, aerobics, aquatics in the outdoor pool, shopping trips to nearby Naples, special seminars or lectures, and a variety of treatments at the luxury spa. Body scrubs and wraps, massage therapy, facials, manicures, pedicures, and saunas are à la carte items that can be scheduled as the spirit moves and the budget allows. More than a few pats on the back, a typical massage lasts an hour and costs about $60.

"We promise no quick fix," says Leo, who recommends a three-week stay as ideal but admits that shorter visits—even one-day stopovers—work well for refresher courses and quick tune-ups. Many guests return annually in same-time-next-year tradition, and one former client liked the facility so well that she signed on as a staff assistant for a year so she could continue her weight-loss program.

"People want to relax, get away, and find time for themselves," says Deborah Dahlmanns. "They are more health conscious now, and many spas are incorporating holistic approaches and beauty services that utilize natural and organic products."

The goal that she shares with her husband is to create a unique place that offers ever-expanding programs and facilities. An admitted perfectionist and dreamer, Leo insists that their spa "will never be finished." Like the guests that it serves, the "new" Shangri-La will continue to improve with age.

For more information about Shangri-La Historic Inn, Resort and Spa, call 1-800-279-3811; Sanibel Harbour Resort and Spa can be reached at 1-813-466-4000; the Broadmoor's number is 1-800-634-7711.

For general advice about choosing a spa that meets your needs, budget, and expectations, call Spa-Finders at 1-800-255-7727. ❧

Hot Dishes for Cold Days

continued from page 20

stir until softened, about 1 minute. Add potatoes, turmeric, cumin, and red pepper; cook and stir until spices are fragrant and vegetables are coated, about 1 minute. Add tomatoes and their juice, and broth; bring to boil. Reduce heat and simmer, covered, 12 minutes. Add all vegetables; cook until beans are crisp-tender, about 10-15 minutes. In small bowl, combine peanut butter, lemon juice, and soy sauce; stir into soup until blended. Bring to boil. Serve hot.

Per Serving (1½ cups):
Calories: 258 Carbohydrate: 35.6 gm
Cholesterol: 1 mg Protein: 8.7 gm
Sodium: 596 mg Fat: 8.9 gm
Diabetic exchange: 1½ bread + 2 vegetable + 2 fat

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NASI GORENG
(Makes 6 servings)

½ pound very lean ground beef
2 tablespoons bread or cereal crumbs
1¼ cups finely chopped onion
¼ cup egg substitute
2 tablespoons corn oil
1 cup diced celery
½ pound flaked crabmeat
½ pound shelled and deveined shrimp
2 cups salt-free chicken broth
2 cups cooked rice
2 tablespoons curry powder

Preheat oven to 350° F. Mix meat, breadcrumbs, ¼ cup onion, and egg substitute. Shape into walnut-sized balls and put in refrigerator about 40 minutes. Heat 1 tablespoon oil in skillet and sauté remaining onion and celery. Put into large casserole. Heat rest of oil in skillet and sauté crabmeat and shrimp 2-3 minutes. Put into casserole with onion and celery. Brown meatballs and add to other ingredients in casserole. Put chicken broth into skillet with rice and curry powder. Bring to boil. Then pour over casserole. Stir to mix ingredients together, then cover and bake about ½ hour.

Per Serving (1¼ cup):
Calories: 271 Carbohydrate: 23.4 gm
Cholesterol: 106 mg Protein: 26.6 gm
Sodium: 334 mg Fat: 7.8 gm
Diabetic exchange: 1 bread + 1 vegetable + 2½ lean meat

SOUTH OF THE BORDER EGGPLANT
(Makes 6 servings)

1½ pounds eggplant, diced
2 medium onions, chopped
½ cup sweet red pepper
2 tablespoons margarine
½ cup egg substitute
1 teaspoon cumin
½ teaspoon dried jalapeño pepper
1 cup dry breadcrumbs

Cook vegetables in boiling water to cover about 20 minutes. Drain. Add remaining ingredients and pour into greased casserole. Bake in moderate oven (350° F.) 30 minutes or until browned.

Per Serving (½-⅔ cup):
Calories: 154 Carbohydrate: 24.6 gm
Cholesterol: 0 mg Protein: 5.0 gm
Sodium: 194 mg Fat: 3.9 gm
Diabetic exchange: 1 bread + 1 vegetable + 1 fat

TEXAS WHITE CHILI
(Makes about 10 cups)

1 pound white navy beans soaked overnight (Great Northern beans may be substituted if preferred)
6 cups low-sodium chicken broth
3 cloves garlic, minced
2 medium onions, chopped
1 pound ground turkey breast
¼ cup chopped green chilies
2 teaspoons cumin
1½ teaspoons ground oregano
¼ teaspoon ground cloves
1 teaspoon red or cayenne pepper
1 cup (about 4 oz.) shredded low-fat Monterey Jack cheese

Drain soaked beans. Combine beans, low-sodium broth, garlic, and half of onions into soup kettle. Bring to boil and cover. Lower heat to simmer until beans are soft. This may take 2-3 hours. Add more broth if necessary.

Braise remaining onions in skillet until tender. Add turkey; brown meat. Add chilies, cumin, oregano, cloves, and red pepper. Mix all ingredients together completely.

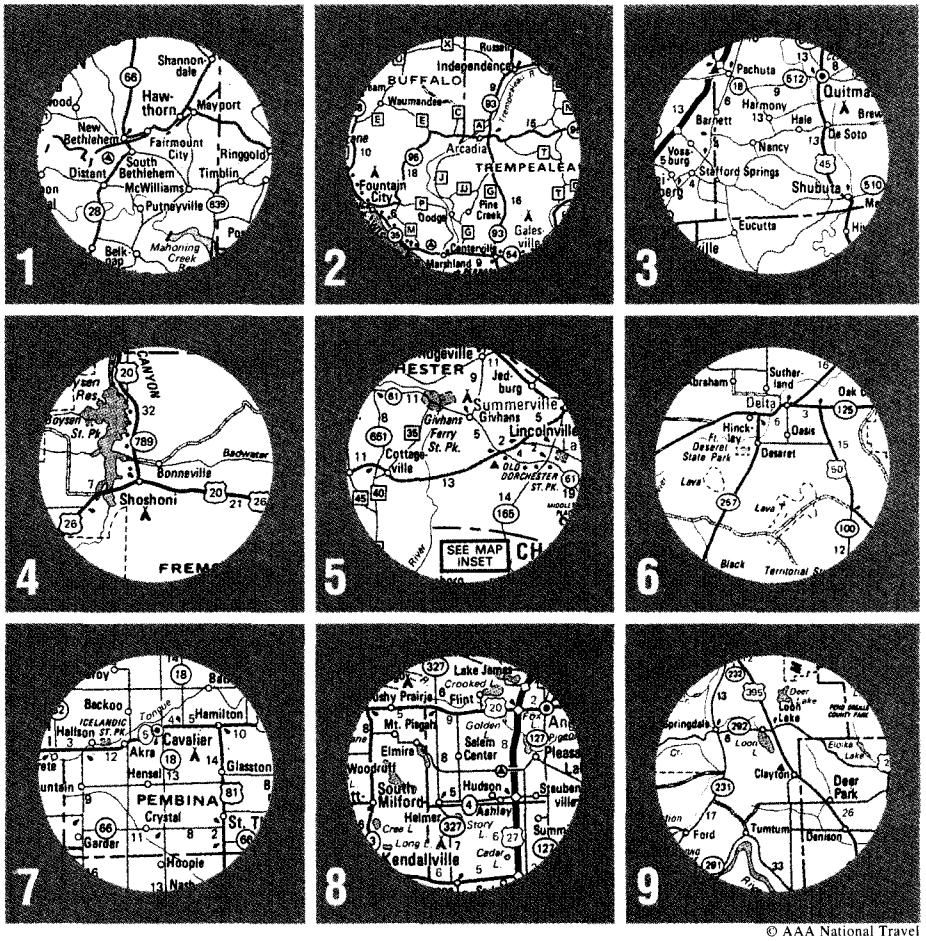
Stir mixture into beans and simmer about an additional hour.

Top each serving (about 1 cup) with ½ tablespoon low-fat cheese.

Per Serving (1 cup):
Calories: 264 Carbohydrate: 28.8 gm
Cholesterol: 41 mg Protein: 26.9 gm
Sodium: 117 mg Fat: 4.6 gm
Diabetic exchange: 1½ bread + 1 vegetable + 2 lean meat

CIRCASSIAN CHICKEN
(Makes 4-6 servings)

1 chicken, 3 pounds, or 4 skinless, boneless chicken breasts
5 onions
3 cloves
6 stalks celery, chopped
¼ cup parsley



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 93)

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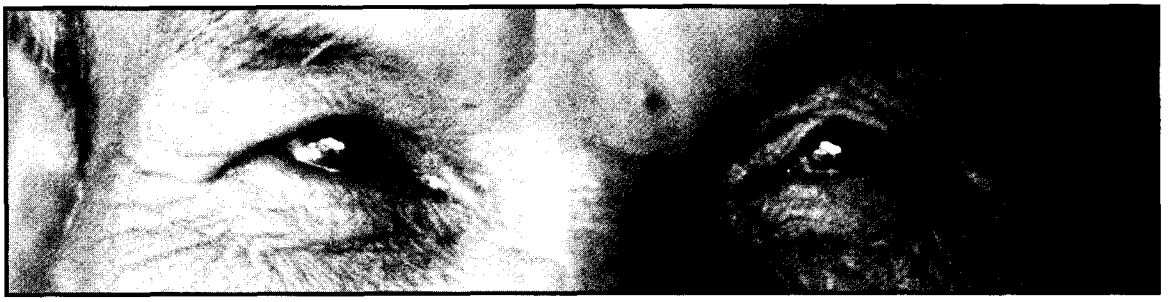
When the impossible came true. The untold story from inside China...



His name is Chen, and like millions of other Chinese Christians he had never owned a Bible. Until the impossible came true. . . .

After years of waiting and praying, Chen received a Bible from a nearby pastor. Days later his joy was threatened when a government official spotted his Bible and took him in for questioning.

"This is subversive literature!"

"This Bible is not subversive," said Chen. "Look at the title page. It's legally printed here in China with the government's full knowledge."

Instead of confiscating the Bible, the official threw it on the desk and said, "You may go."

Chen smiled. He knew Jesus' promise that, with God, all things are possible. (With this single Bible Chen has trained hundreds of church leaders who, in turn, have reached countless others.)

As Chen's story spread throughout the House Churches in China, pastors and leaders approached East Gates Ministries International—headed by Ned Graham, the younger son of Ruth and Billy Graham—and asked if he could help them legally obtain Bibles in China.

Since 1992, East Gates Ministries has legally placed over 1.5 million Bibles in every province of China—bringing new hope and life to hundreds of thousands.

Here is how you can be involved in this critical life-changing opportunity:

For $4, the cost of a lunch, you can now legally put a Bible in the hands of a Chinese Christian who, like Chen, can help reach China for Christ.

Ned Graham
President

Call 1-800-959-EGMI. It will only take a minute. A minute that can result in an eternity of hope for people across China.

East Gates Ministries

"Seeing Beyond the Impossible"

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1 bay leaf
2 teaspoons paprika
8 peppercorns
1 cup English walnuts
1 cup dry breadcrumbs
2 tablespoons margarine
2 cloves garlic, crushed
¼ teaspoon cayenne pepper
1 tablespoon vegetable oil

Put chicken in deep pan and just cover with cold water. Add 3 onions (each stuck with clove), chopped celery, herbs, and peppercorns. Bring to boil and simmer until tender, about 1 hour. Skim as necessary. Drain and keep warm, reserving stock for sauce.

Grind walnuts finely in electric blender and mix with breadcrumbs. Melt margarine and cook 2 chopped onions and crushed garlic until golden brown and soft. Then add to walnut mixture, blending carefully. Add stock and stir until smooth; cook until it reaches boiling point, adding more stock if sauce becomes too thick.

Mix oil and red pepper together, and when oil is red, strain. Add oil to walnut sauce.

Cut chicken into pieces. Put layer of sauce in bottom of heatproof dish. Lay chicken pieces on top. Spoon remaining sauce over top of chicken. Reheat thoroughly. Serve with plain rice.

Per Serving:
Calories: 524 Carbohydrate: 36.3 gm
Cholesterol: 103 mg Protein: 44.4 gm
Sodium: 408 mg Fat: 22.3 gm
Diabetic exchange: 2 bread + 1 vegetable + 4½ med.-fat meat

PEAS WITH ONIONS

(Makes 6 servings)

1 medium onion, chopped
½ cup water
¼ teaspoon pepper
3 teaspoons butter flavoring
3 cups cooked peas
½ teaspoon cumin seed

Braise onion in water until tender. Add pepper, butter flavoring, peas, and cumin seed. Cover and cook slowly until peas are heated through.

Per Serving (½ cup):
Calories: 85 Carbohydrate: 15.9 gm
Cholesterol: 0 mg Protein: 4.6 gm
Sodium: 93 mg Fat: 0.3 gm
Diabetic exchange: 1 bread

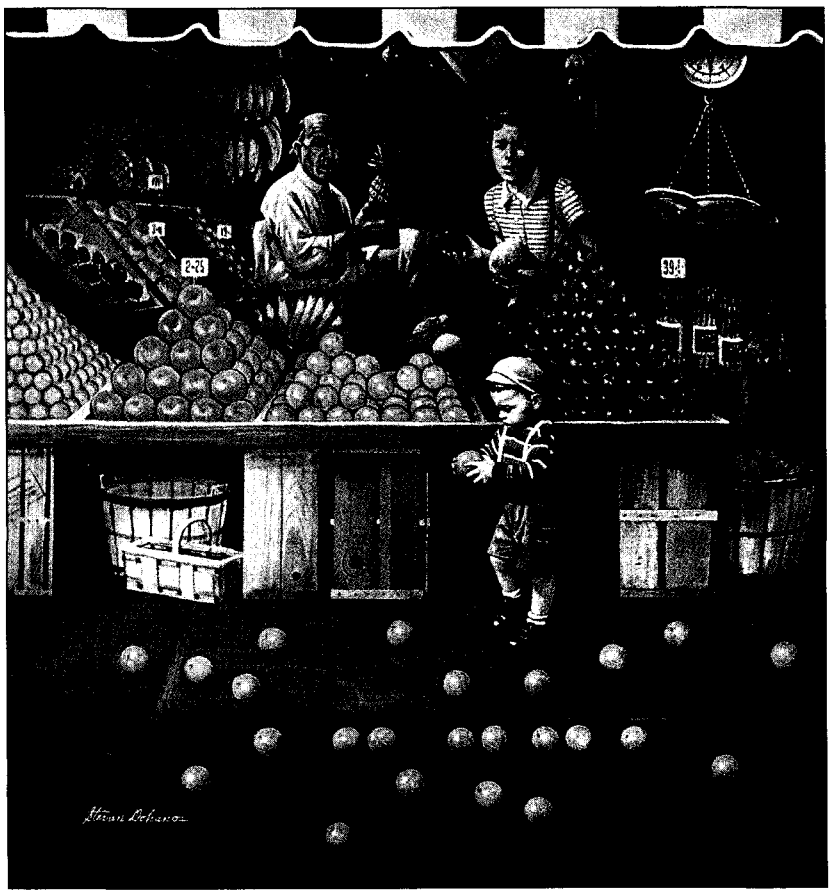
SPICY CORN PUDDING

(Makes 16 2"x2" pieces)

2 cups creamed corn
1 cup yellow cornmeal
2 tablespoons oil
1¼ cup buttermilk
1 large onion, chopped
2 jalapeño peppers, chopped
½ cup egg substitute, or 3 egg whites
6 ounces fat-free longhorn-style cheese, grated

Mix all ingredients together and bake in 8"x8" pan sprayed with noncaloric, vegetable-based spray at 350° F. 50-60 minutes.

Per Serving:
Calories: 101 Carbohydrate: 14.5 gm
Cholesterol: 1 mg Protein: 5.7 gm
Sodium: 201 mg Fat: 2.2 gm
Diabetic exchange: 1 bread + ½ lean meat



Can you name this picture?

. . . ***contest:*** *The Saturday Evening Post* will award $100 to the author of the winning limerick for this picture. Your limerick must contain exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible limerick entries must be postmarked by February 25, 1997.

The winner of the Jan./Feb. 1997 contest will be announced in the May/June 1997 issue.

Our congratulations and a check for $100 go to Diane Gowell of Portage, Michigan, for the winning entry in our Sept./Oct. 1996 caption contest.

Through breakfast, lunch, and dinner,
He's a "saint" on a quest to be thinner,
But when all are at rest,
The total day's quest
Is undone with the stealth of a "sinner."

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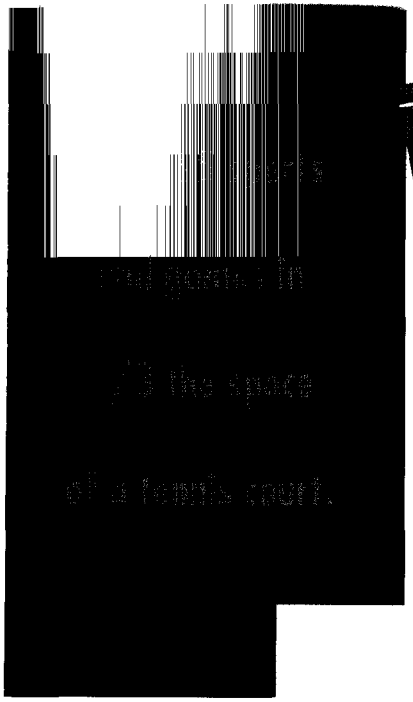

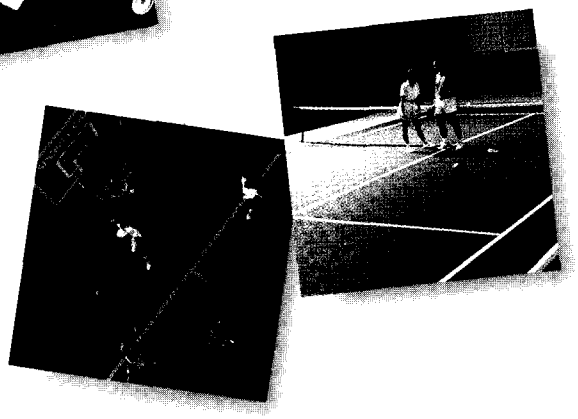

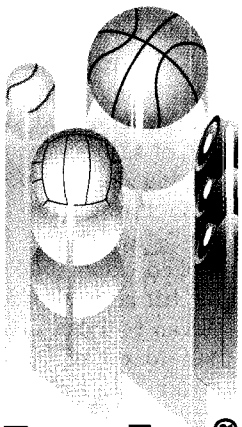

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Lauren Bacall

continued from page 41

impression that I'm formidable when I'm really quite vulnerable."

Bacall's other book, her 1979 autobiography *By Myself*, for which she received the National Book Award, tells the story of "why she's a legend most." How, as a nice Jewish girl from Manhattan's West Side, she was picked from a *Harper's Bazaar* cover to explode as a star, went to Hollywood before she was 20, made lots of movies (she says she's proudest of *The Fan* and *Designing Woman*) and married two famous actors (Jason Robards, Jr., was her second husband).

She also had three children (Stephen, now 48, and Leslie, 44, by Bogart, and Sam Robards, 35), was briefly engaged to Frank Sinatra in an ill-ending liaison, and won two Tonys (*Applause* and *Woman of the Year*) and a reputation as one of the last of the old-fashioned diva glamour queens.

At 72, the actress lives in a rambling, 12-room, memento-filled co-op at Manhattan's famed Dakota Apartments (which, aside from being the site of John Lennon's murder, also has the distinction of having barred Madonna from residence) and appears healthy and happy despite an 11-hour plane flight from Paris the day before the interview, her elegant frame folded comfortably into the chair, her still-thick blond mane brushing her collar.

Of course, living in Bogart's shadow for decades has had its ups and downs. Understandably, Bacall has been known to bristle when his name is mentioned in interviews. Don't bring Bogie up, though, and she's more than happy to weave him easily into conversation—after all, he was the love of her life and easily the man who influenced much of who she is today. How did she survive what she did at 19—the good and the difficult alike? "I was just lucky who I married," she says. "Damn lucky."

Just at the moment when she's launched into a drama about how computers are ruining the world, manners are being murdered, service has gone to the dogs, one thought crosses the mind. Here's a legend who looks and sounds much as she did 50 years ago, still working, still high-quality, still a knockout. It's nice to know some things never change. ▲

You Be the Judge

by William Donaldson

Suspended lazily near the bottom of a clear little stream, a school of trout remained unmoved by the assortment of artificial flies, juicy worms, and fat grasshoppers that Obadiah cast at them in desperate succession. "If they won't bite on anything," Obadiah growled furiously to himself, "I'll teach 'em a lesson." At that, he cast a large, bare hook into the school and yanked it through the water until it hooked one. A warden who had been watching Obadiah thereupon pounced and arrested him for violating a state law against catching trout by any method other than "angling."

"Everybody knows you don't fish with a bare, unbaited hook," the warden testified. "I saw this man jerk such a hook through a school of trout until it caught one. That's snagging, not angling."

"The dictionary says angling is 'to fish with hook and line,' " Obadiah countered politely. "It doesn't mention bait as being necessary. Therefore snagging and angling are the same, and I violated no law."

If you were the judge, would you let Obadiah off the hook?

Obadiah was found guilty. The court, not satisfied with the dictionary definition, turned to an encyclopedia that defined angling as "catching fish by rod, line, and hook . . . the salient feature of the pursuit being the allurement of the prey by an attractive bait." It held that a bait or lure is essential to angling, and outlawed "the practice of drawing a line equipped with a hook swiftly through the water with the expectation that said hook will come into contact with some part of the fish."

Based upon a 1925 Indiana decision.

A Freeze-Out

continued from page 73

implied. He could only gravitate toward those who did.

"What have I done to deserve this?" he demanded of the standing ash tray. "What have I failed to do for my son that lay within my power?"

The maid came in. "Mrs. Winslow told Hilda she wouldn't be here for dinner, and Hilda didn't tell me."

The shameful business was complete. His wife had weakened, leaving him absolutely alone. For a moment he expected to be furiously angry with her, but he wasn't; he had used up his anger exhibiting it to others. Nor did it make him feel more obstinate, more determined; it merely made him feel silly.

"That's it. I'll be the goat. Forrest will always hold it against me, and Chauncey Rikker will be laughing up his sleeve."

He walked up and down furiously.

"So I'm left holding the bag. They'll say I'm an old grouch and drop me out of the picture entirely. They've licked me. I suppose I might as well be graceful about it." He looked down in horror at the hat he held in his hand. "I can't—I can't bring myself to do it, but I must. After all, he's my only son. I couldn't bear that he should hate me. He's determined to marry her, so I might as well put a good face on the matter."

In sudden alarm he looked at his watch, but there was still time. After all, it was a large gesture he was making, sacrificing his principles in this manner. People would never know what it cost him.

An hour later, old Mrs. Forrest woke up from her doze and rang for her maid.

"Where's Mrs. Winslow?"

"She's not in for dinner. Everybody's out."

The old lady remembered.

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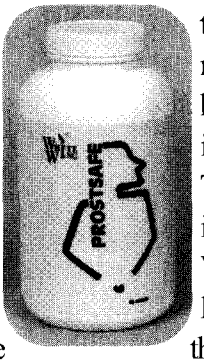
Natural Prostate Relief

Our customers have said Prostsafe™ helps to:
Halt the endless trips to the bathroom during the night!
Stop that burning sensation during or after urination!
Prevent uncontrollable wetting!
Improve bladder control!
Empty bladder completely!
Sit through an entire sports event !

It's a natural fact. If you are a male over 40 and don't already suffer from a prostate gland disorder, the odds are 2 to 1 that you will before you are 59. By the age of 65, most American men have enlarged prostates. As the years pass, mild discomforts can become disabling. Today, prostate surgery is the second most commonly performed surgery for non-cancerous BPH in men over age 65! Some surgical complications can result.

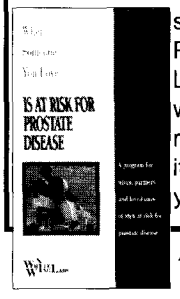


Prescription drugs may halt the swelling, but many prescription drugs may also have side effects. Many doctors feel that disorders of BPH can be treated or prevented by giving the prostate gland the nutrition it lacks.

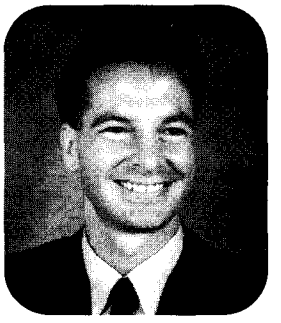
Recent scientific research has shown how to remedy the underlying problems associated with disorders of BPH -- safely and effectively. These results have been published in the *British Journal of Clinical Pharmacology* and the *American Journal of Gerontology*. They reveal that several vitamins, minerals and natural herbs can dramatically shrink the prostate and improve urinary performance in older men.

The most modern application of these healthy ingredients is found in Prostsafe® from Whitewing Labs. Prostsafe is the nutritional "tool kit" for men with benign prostate problems, and those who wish to prevent them. It is a mixture of zinc, serenoa serrulata, ginseng, certain amino acids, bee pollen and vitamins A, B-6 and E. These ingredients have been shown to help shrink a swollen prostate.

FREE VIDEO GIFT WITH PURCHASE It's wise to "get smart" about prostate health. With your first purchase of Prostsafe you will receive the video "When Someone You Love is at risk of prostate disease". This $19.95 value will be yours **FREE, while supplies last**. This video reviews all apects of prostate health. It's a can't miss item to understand what is going on with your body and your prostate gland and it's FREE. Order today!



Dr. Leslie Atterbury III, M.D., says "Prostsafe supplies essential vitamins, minerals and herbs needed to nourish and maintain a healthy prostate."



As little as a dollar a day seems like inexpensive insurance against disorders of BPH. If for some reason you are not satisfied, just return the unused portion within 30 days for a full refund.

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"Before I used to have several bladder infections a year. Now I do not have any." *-- Mr. A. Simon, Charlotte, MI*

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"Now I get a good night's sleep without getting up every two hours to urinate." *-- Mr. C. Hussy, Cleburne, TX*

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"Oh, yes, they've gone over to get married. Give me my glasses and the telephone book. . . . Now, I wonder how you spell Capone."

"Rikker, Mrs. Forrest."

In a few minutes she had the number. "This is Mrs. Hugh Forrest," she said firmly. "I want to speak to young Mrs. Forrest Winslow. . . . No, not to Miss Rikker; to Mrs. Forrest Winslow." As there was as yet no such person, this was impossible. "Then I will call after the ceremony," said the old lady.

When she called again, in an hour, the bride came to the phone.

"This is Forrest's great-grandmother. I called up to wish you every happiness and to ask you to come and see me when you get back from your trip if I'm still alive."

"You're very sweet to call, Mrs. Forrest."

"Take good care of Forrest, and don't let him get to be a ninny like his father and mother. God bless you."

"Thank you."

"All right. Good-by, Miss Capo—— Good-by, my dear."

Having done her whole duty, Mrs. Forrest hung up the receiver. ▲

The Perfect Squelch

Having pushed her aggressive way to the checkout counter of the supermarket, Mrs. Stanhood herded her young son before her into the narrow slot and blocked his exit with her grocery cart. This limited his movements, but didn't stop them. Imitating his mother's tactics, he jostled the elderly woman ahead of him, stumbled on and off her toes a few times, and squirmed between her and the checkout counter.

Mrs. Stanhood ignored the elderly woman's discomfort. But when her son happened to jar her own grocery cart, she became suddenly critical.

"If you don't keep still, I'll put you on the counter and have the man sell you!" she snapped.

After she had repeated this loud threat a number of times with no effect, the elderly woman turned.

"Madam," she said quietly to Mrs. Stanhood, "there is no demand for your product."

—B. Declercq

High Blood Pressure

continued from page 55

a very important point, and that is, unless the elevation in blood pressure is severe, or the patient has a complication from the high blood pressure when first seen, we generally do not treat them on the basis of only one elevated pressure measurement. We prefer to see evidence that the elevated blood pressure is sustained on other occasions. You also identified another phenomenon, suspected for a long time, that has been recently scientifically documented. That is the so-called "White Coat Syndrome."

If you have 100 people with high blood pressure in the clinic and you measure their blood pressure over a 24-hour period, about one fourth will have a much lower blood pressure when away from the clinic. About the same number, 25 to 30 percent, will have a lower blood pressure in the clinic than when they are busily involved in their daily activities. And those people may not be receiving adequate treatment. The rest seem to give us blood pressure readings that are the same inside as well as outside the clinic.

Post: How do you separate these groups?

MW: One approach is the use of a very sophisticated and relatively simple technique called ambulatory blood pressure monitoring, in which the patient wears a portable blood pressure machine preprogrammed to take the blood pressure every 15 minutes, store it in a computer, then produce a readout after 24 hours. It gives us a very nice picture of what the blood pressure is doing during a variety of activities, not just when the patient is in the office or clinic. At the present time, ambulatory blood pressure monitoring costs somewhere in the range of $100 to $200 to perform. Another method is to purchase a home blood-pressure-monitoring machine.

***Post*:** One home monitor that we tried works on your finger; it works very quickly, but not always accurately. What should consumers know about home monitoring devices?

MW: If properly calibrated and used, home monitors can provide a great deal of additional information about the blood pressure away from the clinic environment. However, these machines can be misleading if inaccurate or improperly used. They should always be calibrated when they are first obtained and rechecked at least every six months. One needs to be sure the batteries are fresh and that the arm is held at the proper level. Also, you should be reasonably relaxed when the pressure measurement is taken, and garments that are tight on the arm should be removed.

Future Advances

***Post*:** What advances in our understanding and treatment of hypertension might take place in the foreseeable future?

MW: In my view, the most exciting developments in medicine today are in the area of genetics. Learning how genes cause disease and how we can identify people who are by their genetic backgrounds predisposed to developing certain disorders. I can envision

continued on page 93

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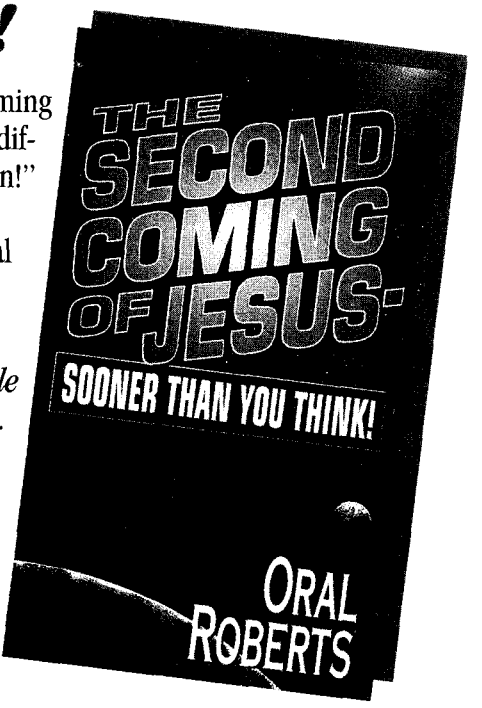
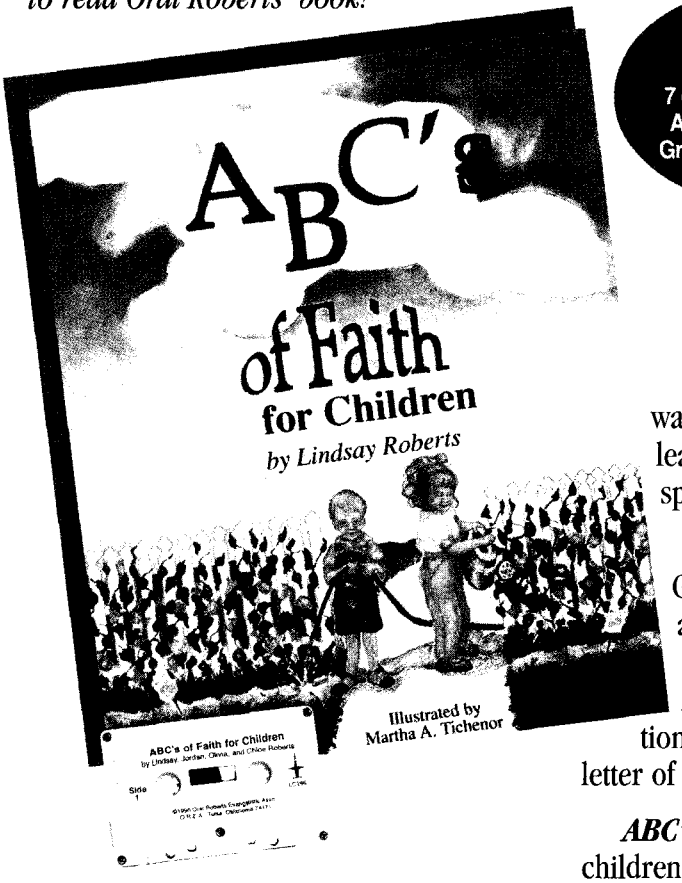
It's Sooner Than We Think!

Oral Roberts says, concerning the second coming of Jesus Christ, "It's sooner than we think! It makes no difference whether we believe it or not, it's going to happen!" That's why he has written this book, ***The Second Coming of Jesus -- Sooner Than You Think!*** Oral is concerned about you and your loved ones!

Read what Pat Robertson says about the importance of this book for your life! *"All over the world, the people of God are feeling that the second coming of Jesus Christ is indeed soon. Oral Roberts has written a book,* ***The Second Coming of Jesus -- Sooner Than you Think!*** *Oral has seen the signs of the times. It's a great moment, and it's called the blessed hope of the church. You need to read Oral Roberts' book!"*



If you need prayer any time, 24 hours a day, 7 days a week, call the Abundant Life Prayer Group at 918-495-7777.



Teach Your Children God's Word!

Lindsay Roberts has produced an innovative and beautiful way for children to learn the alphabet, while at the same time they learn God's Word and His way of faith for their lives through a special book and tape, ***ABC's of Faith for Children.***

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ABC's of Faith for Children is a great learning tool -- a book for children to read as they listen to the tape that takes them right through the book, page by page. And what a wonderful way for children to learn the alphabet also!

Jordan, Richard, Chloe, Lindsay, and Olivia

Richard Roberts is the President of Oral Roberts University in Tulsa, OK. For enrollment information, call 1-800-678-8876.

☐ Please send me Oral Roberts' book, ***The Second Coming of Jesus -- Sooner Than You Think!*** LC419

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WORK-A-DAY

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"This is your complete résumé? You make great coffee?"

"I'm afraid this isn't quite what the company means by 'casual day,' Pembington."

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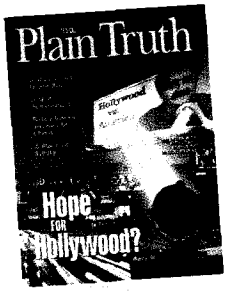

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MEDICAL MAILBOX

by Cory SerVaas M.D.

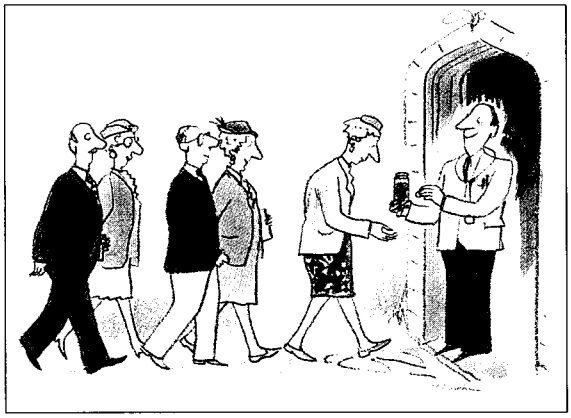
"Say a prayer and do what you can for those unfortunate children of God who are addicted to tobacco and other deadly drugs. They will die before their time, or wish they could."—*The Honorable Andy Jacobs, former U.S. Representative*

Oral B_{12} Therapy

Dear Dr. SerVaas:

I was very encouraged after reading your article on pernicious anemia in *The Saturday Evening Post* some issues back. My wife was diagnosed with it, and I have been giving her B_{12} shots for two years now. I would like for her to try the orange juice B_{12} method. Please send all the information I need.

Dale A. Horn
Loveland, Colorado

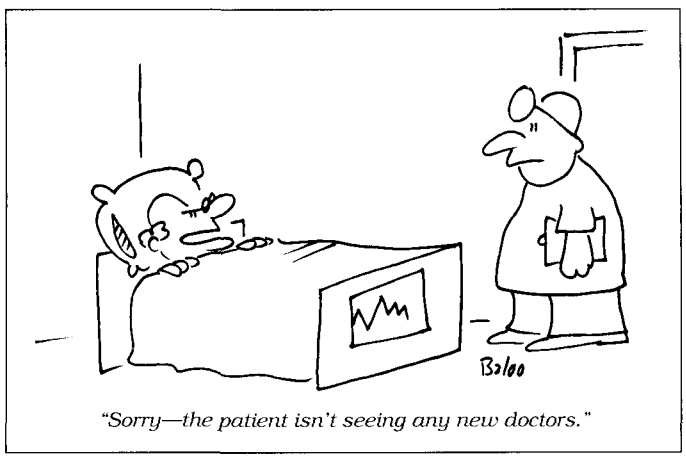


A firm believer in oral B_{12} therapy for pernicious anemia, renowned hematologist Dr. William H. Crosby instructed his patients to take a one-milligram tablet each Sunday morning before going to church. "There is no doubt that this oral therapy is as effective as the muscular," he said.

We were very pleased to read your letter. You are referring to the "Vitamin B_{12} Special Report" in the July/August 1994 issue of the magazine. Unfortunately, the word has been slow to spread within the medical community that oral B_{12} therapy for pernicious anemia is an effective alternative to monthly injections. We are glad to hear that our readers are investigating this practical option.

Primarily, the body absorbs vitamin B_{12} with the help of a compound called "intrinsic factor" found in normal gastric juices. Small but predictable amounts of the vitamin, however, are also absorbed directly, without the aid of the stomach protein—a backup mechanism that becomes vitally important when production of intrinsic factor fails, such as occurs in pernicious anemia.

Scientists have discovered that adequate amounts of oral B_{12} can be absorbed to treat pernicious anemia. Long-term studies in Sweden confirm that sufficient B_{12} is absorbed from a daily supplement containing 1 mg of the vitamin.



"Sorry—the patient isn't seeing any new doctors."

Frank Lederle, M.D., helped research the use of oral B_{12}. "My position is: if you're going to give B_{12}, why not offer the patient the option?" he proposed. "We put a lot of people on oral B_{12}; we offer it to most of the patients, and I have not heard from anybody nationally saying this didn't work."

The liquid form of vitamin B_{12} is available by prescription only. Check your local pharmacy or health food store for 1 mg B_{12} tablets.

One Drug Treats Two Conditions

Dear Dr. SerVaas:

My husband was given a drug called Cardura for his enlarged prostate—and the drug seemed to help. Now the doctor has told him to double the dosage, as it will help his hypertension. What can you tell us about this medication and its possible side effects?

Until he had the prostate problem, my husband had been very active playing golf. His blood pressure went up about the time he stopped playing golf.

Mildred Anderson
St. Paul, Minnesota

Cardura blocks the transmission of nerve impulses to smooth muscle cells in blood vessels and the prostate. As a result, blood vessels dilate (lowering blood pressure) and muscles of the prostate relax (relieving symptoms of an enlarged prostate).

Norman Kaplan, M.D., University of Texas Southwestern Medical Center, Dallas, and consulting editor of the *American Journal of Hypertension* responds further:

"Cardura (doxazosin) is one of the alpha blockers approved both for the treatment of hypertension and the relief of symptoms of an enlarged prostate. Your husband's doctor followed the general recommendations that it may take a larger dose to adequately lower the blood pressure than to relieve prostatism.

"Side effects include dizziness (often from too great a lowering of blood pressure), fast heartbeat, and some intestinal queasiness.

"Your husband's blood pressure could have gone up when he quit playing golf, if the golf provided good exercise and relaxation. Hopefully, he can go back to his golf since there's no reason that either hypertension or prostatism, once treated, should interfere with his swing."

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Blistering Skin Condition

Dear Dr. SerVaas:

Recently I was a victim of pemphigus (large blisters). Can you tell me what causes this condition, the best treatment, and whether this could return?

Any information you can give me regarding pemphigus will be much appreciated.

M. L. Kennedy
Sandusky, Ohio

A properly functioning immune system defends us from the myriad of microorganisms we encounter each day. However, a misdirected immune response can attack and injure one's own tissues, resulting in an autoimmune disorder. Scientists do not yet completely understand why the immune system sometimes goes awry. We forwarded your letter to Indiana University dermatologist Dr. C. William Hanke, who responds:

"Pemphigus is an autoimmune disorder characterized by large blisters which break easily. The disease can be controlled with medication, but tends to be chronic. Sometimes patients with pemphigus may go into remission and have no problems for long periods. When the disease is active, powerful oral medications such as corticosteroids and immunosuppressive agents may be necessary for control. Dermatologists are well-trained in the management of pemphigus."

Thyroid Treatment

Dear Dr. SerVaas:

We always enjoy the *Post* and the first thing I like to read is the "Medical Mailbox." About 25 years ago, I was given radioactive iodine to cut out most of my overactive thyroid. Since then I have been on Armour Thyroid.

The last year I've noticed an increase in head and hand tremors, and also low temperature and tiredness. Another doctor changed me to synthetic thyroid (Levoxyl). The tremors are a bit less, but the other symptoms are the same.

I've heard that Levoxyl will decrease bone density. I prefer treatment to be more natural than synthetic—although Armour Thyroid is bovine and, knowing the kind of food given to cattle, I am not sure which is worse. Where do I go from here?

Lois Godbolt
West Creek, New Jersey

We sent your letter to Sheldon Rubenfeld, M.D, F.A.C.P., F.A.C.E., the medical director of The Thyroid Society for Education & Research in Houston, Texas. He provides this detailed response.

"Levothyroxine (T_4) [found in Levoxyl] is preferred over triiodothyronine (T_3) [found in Armour Thyroid] for the treatment of thyroid disease. The body breaks down T_4 to produce the amount of T_3 it needs.

"When a patient takes T_4, the level of T_4 in the blood is slow to rise and slow to fall. On the other hand, when a patient takes T_3, the blood level rises rapidly to hyperthyroid levels and falls rapidly. Patients taking T_3 may have less trouble maintaining their weight; however, they also have hyperthyroidism several hours a day. Substituting one disease for another is not desirable.

"Commercially available T_4 either comes from animals, or it is synthesized. Thyroid preparations from animals invariably contain T_3 and, as noted above, should not be used. Another reason to avoid these 'natural' thyroid hormone preparations is the difficulty in preparing tablets that have exactly the same amount of thyroid hormones in each tablet. On the other hand, brand-name preparations of synthetic T_4 can be relied upon to have the stated amount of T_4 in each tablet.

Former first lady Barbara Bush was diagnosed in 1989 with Graves' disease—a condition which, in her case, resulted in hyperthyroidism, swollen eyes, and double vision. Successfully treated with radioactive iodine for her thyroid condition, she also received steroids and radiation for her eyes. Mrs. Bush now takes levothyroxine (T_4).

"There have been many articles written about one potential side effect of taking too much levothyroxine—osteoporosis. Osteoporosis is a thinning of the bones that predisposes patients to fractures. Many patients are concerned that taking *any* amount of T_4 will cause osteoporosis. However, patients taking the *proper* amount of T_4 do not have an increased risk of developing osteoporosis. Early studies suggested that taking *too much* T_4 could cause osteoporosis, but later studies have contradicted this conclusion. Nonetheless, it is always preferable to take the proper amount of any medication rather than too little or too much.

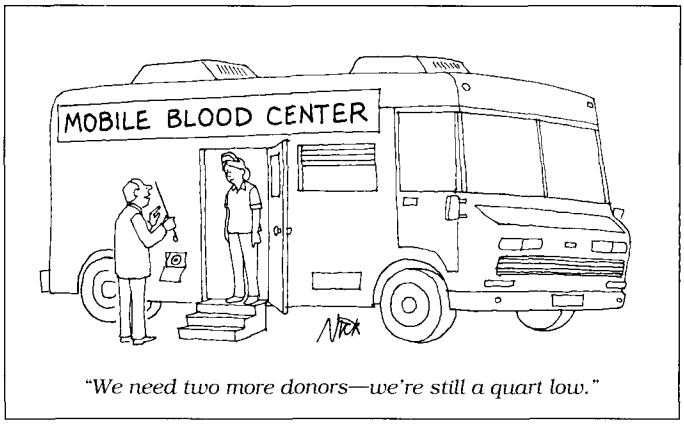
"If *Post* readers have additional questions about diseases of the thyroid, they may call The Thyroid Society at 1-800-THYROID."

Unsightly Fungal Infection

Dear Dr. SerVaas:

Most of my contemporaries (85 years young) are afflicted with toenail fungus. But for the past two years, my left-hand large finger has a most unsightly nail, with what appear to be fungi. I have treated it with iodine tincture with little success. Do I need a particular vitamin?

Howard Emmert
Lubbock, Texas



"We need two more donors—we're still a quart low."

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Fungal nail disease, affecting an estimated 12 million Americans, is characterized by hard, thick, yellow nails; accumulation of debris under the nail; and detachment of the nail plate from the nail bed. David L. Kaplan, M.D., F.A.C.P., is a researcher and clinical assistant professor of dermatology at the University of Missouri, Kansas City School of Medicine. He responds to your question.

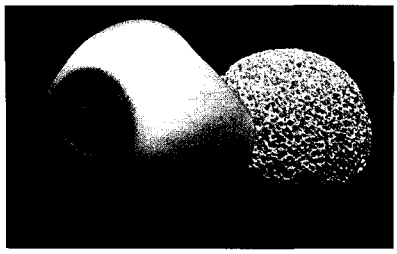
"Up to 15 percent of the geriatric or 'mature' population of the United States is affected by fungal infections of their nails. Not only is it unsightly, it can be a source of discomfort and impair normal everyday function. The fungus that is most commonly responsible is the same organism that causes ringworm, jock itch, and athlete's feet. Fortunately, this infection is typically not very contagious, but it will develop when the conditions are right. Small breaks in the skin, humid environment, and diseases such as diabetes all predispose to acquiring this infection.

"Unlike the skin, nails are more difficult to treat and typically do not respond to topical medications. There are oral antibiotics that will penetrate the nail plate and kill the fungus. Until recently, all the oral medications took months of treatment. A new medicine called Sporanox has shortened the treatment to three months. Even more exciting was the publication of a paper that suggested a novel dosing regimen which has even a higher cure rate with only three weeks of treatment. A dermatologist will determine the cause of your abnormal nail and select the treatment most appropriate for you."

A New Look: Coral Eye Implants

An innovative procedure is helping people who have lost an eye to cancer, injury, or congenital disease. Using coral harvested from reefs in the South Pacific and Indian Ocean, researchers have fashioned an artificial eye that looks and moves more naturally than previous implants made of glass or acrylic.

Robert Urban, M.D., assistant professor of ophthalmology at the University of South Florida, has performed more than 70 operations since 1993 to implant the lightweight "hydroxyapatite spheres."



Recently developed eye implants feature a lightweight coral sphere (right) covered with a hand-painted cap matching the color and appearance of the patient's other eye, including details such as tiny blood vessels.

The advantage of using coral, a unique porous material, is that eye muscles carrying nerves and blood vessels can be directly attached to the implant. "These nerves and blood vessels eventually grow into the pores in the center of the coral implant," Dr. Urban said, "and essentially become a living, fully integrated part of the (artificial) eye."

Firmly attached to muscle tissue, the coral implant can move in sync with the natural eye, and there is virtually no risk that the implant will come out of its eye socket. In addition, coral consists of the same minerals as human bone and so is less likely to be rejected by the body.

During the procedure, the coral sphere is wrapped in sclera (the outer white coating of the eye) donated from an eye bank. Four small muscles that control eye movement are sewn to the implant, and it is fitted into the eye socket. Then the front surface is covered with a thin membrane known as conjunctiva. Four to six weeks following surgery, the patient is fitted with a hand-painted prosthesis that adheres to the front surface of the implant much like a contact lens.

Coral is also now being used to replace missing sections of jaw, hands, and leg damaged by disease and injury. Encouraging studies show that coral provides an unusual trellis on which new bone can grow.

Rectal Prolapse: Rarely Discussed Problem

Dear Dr. SerVaas:

I have an embarrassing problem which I have never heard or read about and for which my doctor has no answer. To put it simply, my rectum or colon seems to have prolapsed—or something—because it protrudes out of my body at any time. I thought for years I had hemorrhoids, the external kind, but my doctor assures me I do not have hemorrhoids. So what is it? It is ruining my life.

I used to enjoy traveling, exercising, walking—but even walking around the house causes the protrusion. I have no pain or bleeding and no signs of cancer that the doctors can discover. Although I just turned 80 years old, I am enjoying very good health, other than this problem, and have much living yet to do.

I would appreciate any suggestions or referrals which would lead me to the right source for help.

We referred your letter to Dr. David E. Beck, chairman, department of colon and rectal surgery at Ochsner Clinic, New Orleans, Louisiana. He responds:

"Your problem is not uncommon, but due to sensitivities about the anus and rectum, it is rarely discussed outside of medical circles. The rectum is normally held in place by muscles and supporting tissue. With age, and other stresses

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such as childbirth, these tissues may become stretched and loose. This allows the rectum to slip outside the body and protrude from the anus. This is called rectal prolapse, or procidentia.

"There are several options available to treat this problem. These vary from altering your diet, which reduces straining at bowel movements (if this is a factor), to abdominal procedures, to smaller rectal or perineal operations. The perineal operations involve removing the part of the rectum that is slipping out. They can usually be done in less than an hour with a simpler type of anesthesia such as a 'spinal' (you remain awake and your body is numb from the waist down). Depending on other health problems, most patients will require only one or two nights in the hospital after this type of operation. When performed by experienced surgeons, these operations are safe and effective, especially in older patients.

"These procedures are most commonly performed by a colon and rectal surgeon. A list of surgeons can be obtained from the American Society of Colon and Rectal Surgeons at 800-791-0001. Any of them would be happy to discuss the options to treat your problem.

"I hope this information helps you. Modern surgical techniques can certainly correct rectal prolapse and allow you to return to an active lifestyle."

Vitamins for Arthritis

Dear Dr. SerVaas:

Late last summer, it was stated on a local newscast that if a person was having trouble with arthritis of the knee, they should take vitamin D. They gave no further information.

My first question is, how could vitamin D go directly to the knee? Secondly, I can't recall at the moment what specific foods contain this vitamin. Also, if one decided to take a vitamin D supplement, what should the dosage be?

Jane Dowler
Silver Spring, Maryland

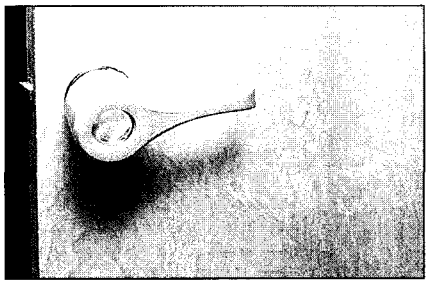
Your local newscast was reporting promising research results from the Arthritis Center at the Boston University Medical Center, where preliminary findings suggest that consuming more vitamin D helps people who suffer with painful knee arthritis.

Vitamin D increases the body's ability to deposit calcium and phosphorus in bones. Though it won't prevent or cure the disease, researchers believe that vitamin D slows the progress of arthritis by strengthening the bones surrounding the knee, thus avoiding bone-weakening cavities and cysts.

Whether one needs a vitamin D supplement depends on diet and lifestyle. Unfortunately, only a few foods—cod liver oil, yeast, and egg yolk—contain vitamin D. In the United States, most of our dietary vitamin D comes from fortified milk and butter substitutes. In addition, our skin manufactures vitamin D when exposed to sunlight.

In the Boston study, 516 people were x-rayed in 1983 to determine if they had the disease. Study participants filled out food surveys and underwent blood tests. Ten years later, x-rays were repeated. Researchers found that arthritis sufferers with low vitamin D levels were two to four times more likely to have worsening knee problems than those who consumed 100 percent or more of the recommended daily amount (5 micrograms for adults over 50). In the study, vitamin supplements appeared to work just as well for those unable to drink vitamin-enriched milk or spend more time in the sun.

Two B vitamins may also reduce arthritis pain and disability. Results of a small study at the University of Missouri showed that folic acid and B_{12} supplements reduced pain and improved grip strength in people with arthritic hands. Participants taking a prescription dose of 6.4 mg of folic acid a day along with 20 mcg of vitamin B_{12} for two months showed more improvement than those using nonsteroidal anti-inflammatory drugs (NSAIDs).



A doorknob lever handle, such as this one from Leveron, makes opening doors easier for millions of Americans with arthritis. The handle, available in different colors and a glow-in-the-dark version, can be installed over any doorknob within two minutes by anyone.

Anticancer Drug Update

Camptothecin derivatives seem to be living up to their early promise as potent anticancer drugs. In the Sept./Oct. 1994 "Medical Mailbox," we reported that these natural compounds derived from the Chinese *Camptotheca* tree were active against a number of cancer tumors. Recently, researchers at The Stehlin Foundation for Cancer Research in Houston announced impressive results treating pancreatic cancer with 9-Nitro Camptothecin (9NC). Preliminary results indicated that 9NC, in capsule form, improved survival rates with fewer debilitating side effects than many traditional treatments.

"We look to camptothecin derivatives to one day become 'the poor man's cancer treatment,' " Dr. Stehlin said. "The patient can take this medication at home and avoid the inconvenience of having to receive drugs intravenously at the hospital."

The second phase of 9NC testing will involve patients diagnosed with inoperable pancreatic cancer. Contact The Stehlin Foundation at 713-659-1336 for more information. ❧

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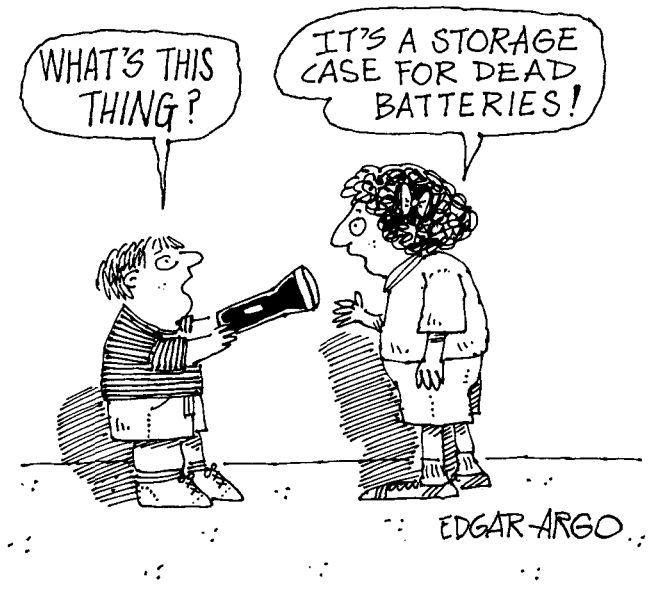
TROUBLE WITH TECHNOLOGY



"You have now been on hold for 12 minutes. If you are experiencing feelings of powerlessness and low self-esteem, press one. If you have gotten in touch with a repressed memory of childhood telephone abuse, press two. If you want more information on the group 'Survivors on Hold,' press three. If . . ."

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Resolution

continued from page 16

to go for a walk." Use this walk as private time to unwind and think, or as social time to chat with someone you like. Add five minutes to your daily walk each week, so you're eventually walking for 30 minutes a day. Or gradually add two more 10-minute bouts of activity, which can be anything you like that gets you off your rear: dancing, washing your car, playing actively with children, gardening.

If you change nothing else this year, change your mind about movement. Break away from the American "sit still" mind-set and recognize that so-called labor-saving devices are really calorie-collecting gadgets that let you use a button instead of a muscle. Get rid of your remote control, garage-door opener, leaf blower, and electric mixer and relish the opportunity to move.

Adding this modest amount of activity to your life won't make you model-thin. Serious weight loss requires burning about 400 calories (a brisk one-hour walk) each day, plus eating appropriate portions of nutritious, low-fat foods. But accumulating 30 minutes of moderate activity on most days of the week should help you shed some pounds and improve your mental and physical health. ▲

Hydration Schedule for Adult Physical Activity

When to Drink	Approximate Amount of Fluid
2 hrs. before exercise	3 cups
10-15 min. before exercise	2 cups
Every 15 min. during exercise	1 cup
After exercise	2 cups

Source: D. C. Nieman, Fitness and Sports Medicine: An Introduction *(Palo Alto, California: Bull Publishing, 1990), p. 234.*

High Blood Pressure

continued from page 84

that within 10 or 20 years, a newborn child will have a blood sample drawn and processed. His parents and physician will then be told which diseases he is likely to develop, not only in childhood but also in later life, so that steps may be taken to prevent them from occurring.

There are groups that are studying the genetics of hypertension, and progress is being made slowly. Considering where we were only five or ten years ago, a very dramatic improvement has been seen. ▲

Copies of *Shake the Habit* are available for purchase. Send a $10 check or money order, payable to: The Hypertension Research Center, 541 Clinical Dr., CL 409, Indianapolis, IN 46202-5111.

Where Do You Think You Are?

(Answers from page 78)

(Theme: Names of Types of Automobiles)

1. Fairmount City, PA
2. Dodge, WI
3. De Soto, MS
4. Bonneville, WY
5. Lincolnville, SC
6. Delta, UT
7. Cavalier, ND
8. Hudson, IN
9. Ford, WA

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5 Breathe Easy (Mullein)
6 Healthy Heart (Hawthorn)
Energy (Burdock) 7
3 Vision (Bilberry)
Vascular Health (Garlic) 8
2 Prostate (Saw Palmetto)
Estrogen (Blue Cohosh) 9
1 Memory (Ginkgo)
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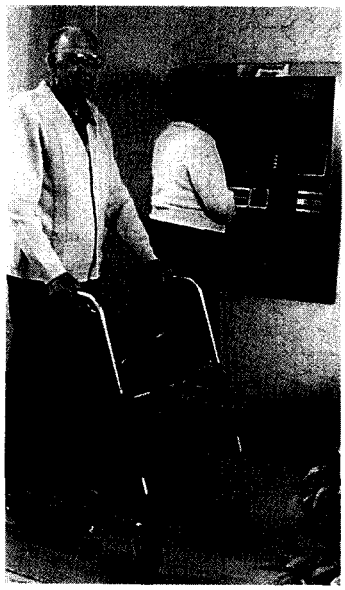

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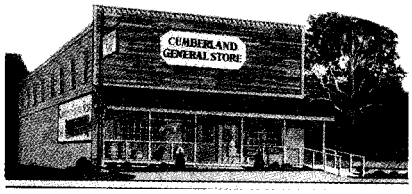

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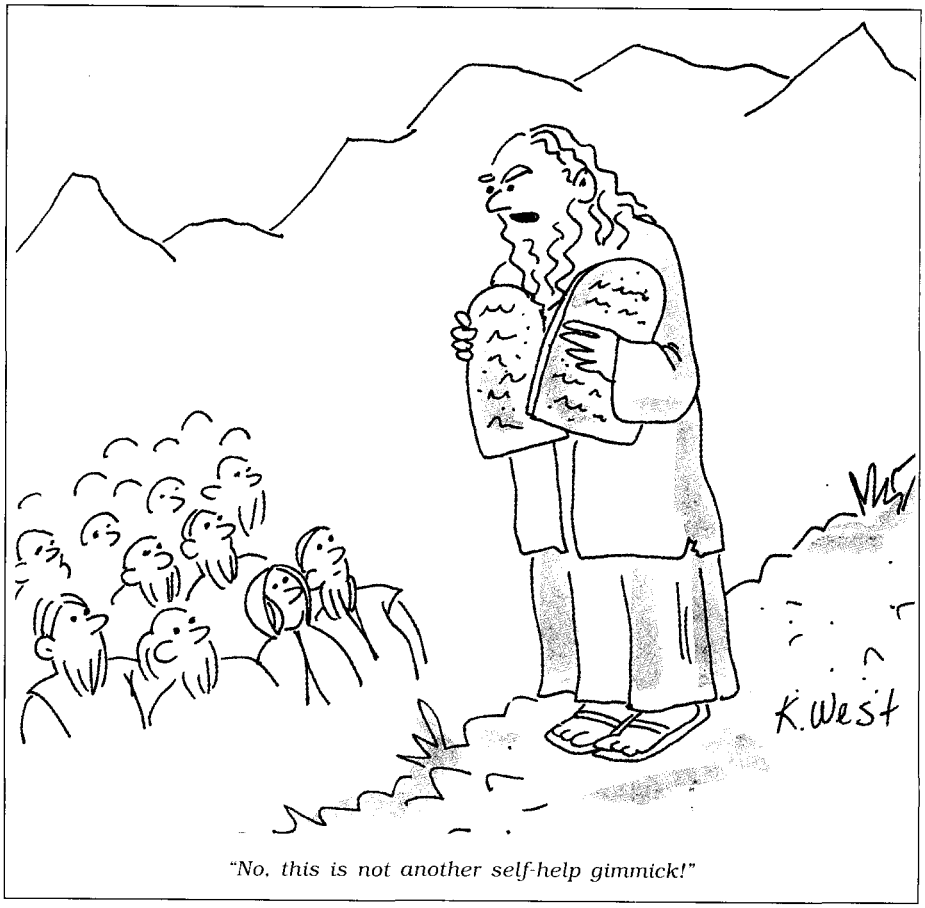

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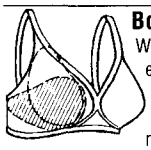

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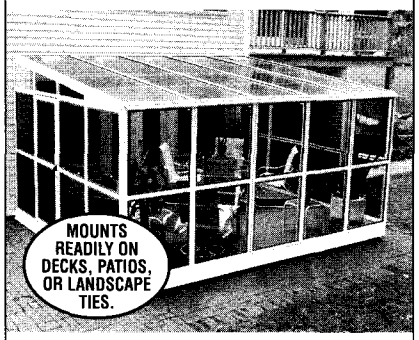

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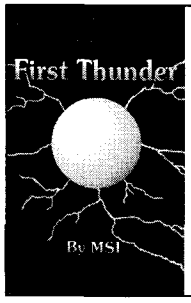

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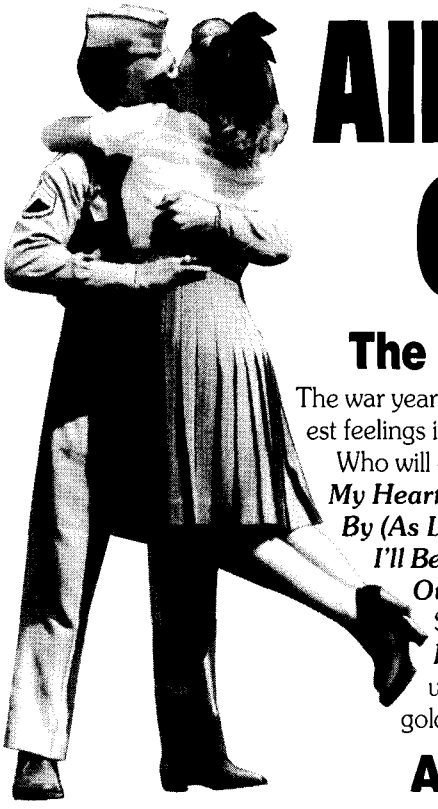

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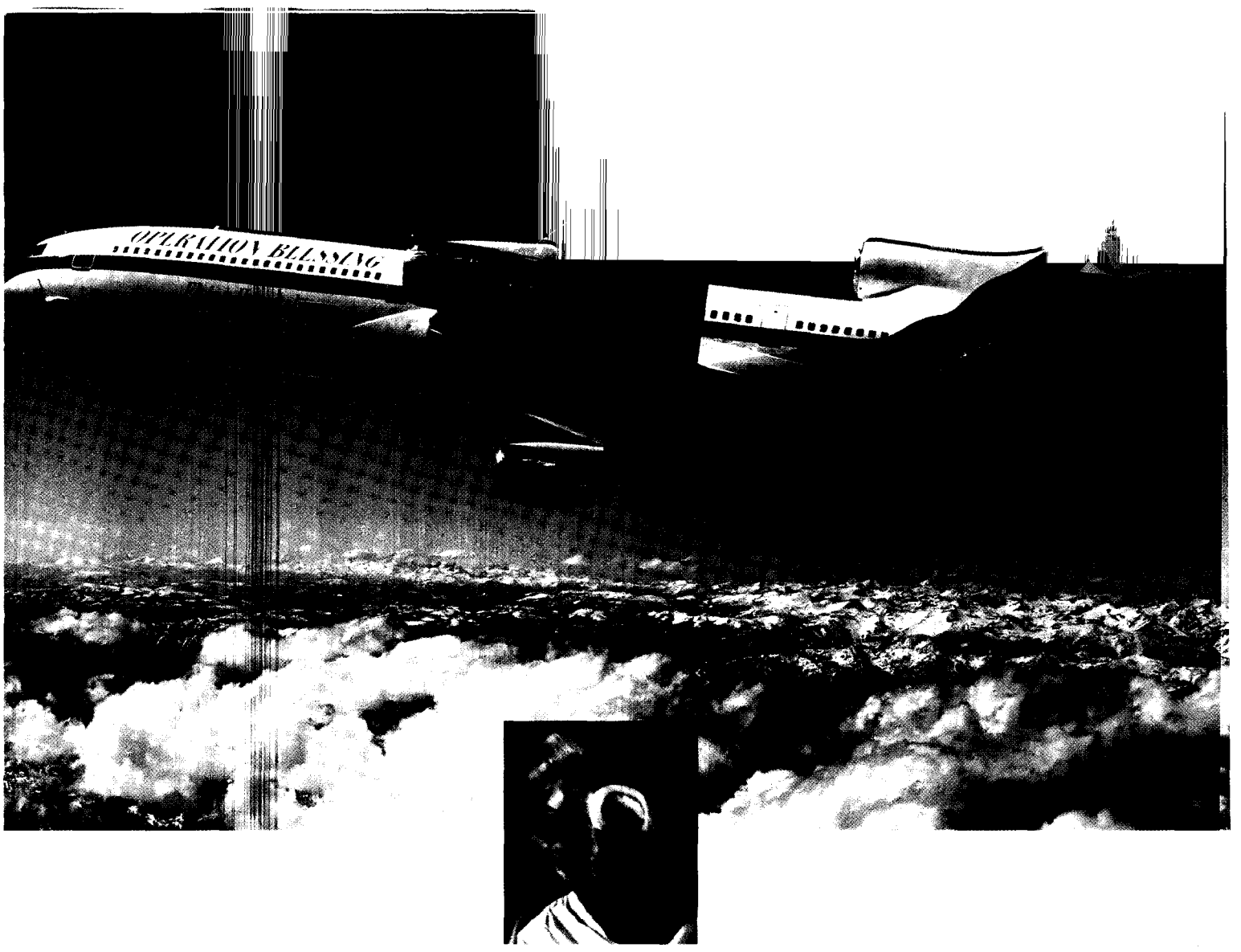

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Name: Call me Dottie.

Age: None of your business.

Weight: See above.

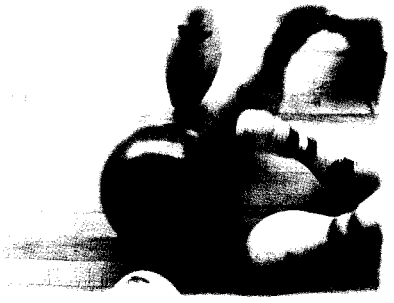
Cholesterol: Never touch the stuff.

Blood Pressure: Right on the money.

Diet: You are what you eat.

Goal: To bowl a 300 game.

Motto: Never go below 55 in the left lane.



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